



French Prawns in Gravy

A family friendly adaptation from French cuisine.

Nutrition Facts Per Serving: Calories 801, Protein 56g, Carbs 90g, Fat 24g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 25 min



INGREDIENTS

Prawns	Broth
Flour	Butter
Garlic, Onion	Celery
Parsley	Black Pepper & Salt
Chili Flakes	Rice

METHOD

1. Rinse prawns with cold water & pat dry. Place in a plate & season with half the flour, salt & pepper. Rub well into the prawns, shake off excess & keep aside.
2. Place a large skillet/saucepan over medium heat & melt half the butter, when hot add prawns & cook for 3-4 min on one side until pink and wrinkly. Turn and repeat on the other side. Remove prawns to a plate.
3. Using the same skillet/saucepan add remaining butter & melt over medium heat, when hot add the onions & celery, reduce heat to medium-low, season with a pinch of salt, pepper & chili flakes & cook stirring until onion starts to golden.
4. Add the garlic & cook stirring for 30 seconds more. Add half the parsley & cook for 30 seconds more.
5. Add remaining flour & cook stirring all the time.
6. Dissolve each broth cube in 300 ml boiling water & add to the cooking sauce while whisking to avoid lumps. Bring to boil & reduce heat, simmer until it just starts to thicken. At this stage you can continue to next step or remove from heat, blend with electric hand blender then continue.
7. Return prawns to cooking sauce, stir & simmer for 5 minutes longer. Check seasoning & adjust to taste.
8. Remove from heat stir in the remaining parsley & serve.

Steamed Plain Basmati Rice

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

BON APPETIT