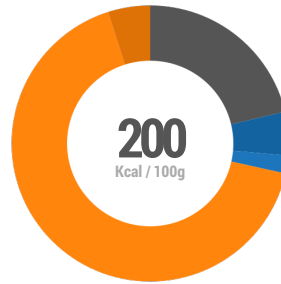


# Spiced Prawn Cocktail Pint

Peeled red shrimp & tandoori spiced marie rose sauce layered & served in a pint glass with lettuce & a wedge of lemon

By Mark Irish from Brakes

Overview ...



CALORIES:

7.2% Carbs

21.3% Protein

71.5% Fat

Food Labelling...

Serves 1

CONTAINS:



EGGS



CELERY



MUSTARD



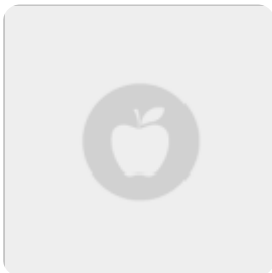
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
89703 Brakes Real Mayonnaise - BRAKES	50g	
116333 BD Foods Tandoori Ketchup - BRAKES	10g	
10332 Little Gem Lettuces - BRAKES	20g	
114218 Lemons - BRAKES	16.7g	
102979 Argentinean Red Shrimp 20-30/kg - BRAKES	100g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

197g / 395kcal

# 1

Cooking Instructions & Notes

**Preparation:**

Defrost the shrimps, peel & remove black waste line

Wash the lettuce

Cut the lemon into wedges

**Method:**

1. If you have a steamer element on your oven then put this on at 100% - cook the prawns for approx. 7 mins
2. Once core temperature is reached, remove the prawns & refresh under cold water for approx. 5 mins - drain & chill
3. If you do not have a steamer, cook the prawns in some simmering water until core temperature is reached - drain & chill
4. Mix the mayo with the ketchup and add the juice from half of the lemon to make your marie rose sauce
5. Fold the cooked prawns into the marie rose sauce, retain 3 prawns for the garnish
6. Slice the gem lettuce into thin strips
7. Using a pint glass build up your prawn cocktail, finishing with the reserved prawns & lemon wedge - serve