



Spicy Zesty Prawns

Perfect as an appetizer, a main course, or even as a flavourful addition to salads or pasta. Spicy Zesty Prawns deliver a burst of bold and zesty flavours served with a mouth cooling dip.

Spicy Zesty Prawns

Quick summer dish. You can panfry or BBQ the prawns, just be careful not to overcook!

For the Marinade

- 1 lb Prawns (peeled and deveined. Leaving the tails on.)
- 1 tbsp olive oil
- 1 tbsp lime juice (fresh)
- ½ tsp salt
- 1 tsp Brown Sugar
- More oil and a little butter for frying
- 2 tsp BBQ and Roast Rub (or)
- 2 tsp Monsoon Coast Adobo Seco (or)
- 2 tsp Jamaican Jerk Rub

Dipping Sauce

- ⅔ cup mayonnaise
- 2 tbsp Ginger (grated)
- 1 tsp lime zest (grated)
- 2 tbsp lime juice (fresh)
- salt (to taste)

1. In a bowl mix together the ingredients for the marinade. Add the prawns and toss well to coat. You can refrigerate for an hour or two or let sit at room temperature for 15-20 minutes.
2. Mix together the ingredients for the dipping sauce and refrigerate.
3. When ready to serve, heat a large frying pan over medium-high heat. add a bit of olive oil and butter.
4. Add ½ the prawns (you don't want to crowd them). Sauté for 1-2 minutes until they start to turn pink. Turn and cook another minute until done. Remove and repeat with the second half of the prawns.
5. You can also skewer and grill on the BBQ for 1 minute per side.
6. Serve hot with the dipping sauce.

Appetizer, Side Dish
Far East & Far West
Fish, Medium

Ingredients:

For the Marinade:

1 lb prawns, peeled and deveined.
Leaving the tails on.

1 TBL olive oil

1 TBL fresh lime juice

2 tsp Monsoon Coast BBQ & Roast
Rub OR Adobo Seco/Jamaican Jerk
Rub for more heat

½ tsp salt

1 tsp brown sugar

More oil and a little butter for frying

Dipping Sauce

⅔ c mayonnaise

2 tbsp grated ginger

1 tsp grated lime zest

2 tbsp fresh lime juice

Salt to taste

Instructions:

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6 - Serve hot with the dipping sauce.

Spices Used: Adobo Seco BBQ & Roast

RubJamaican Jerk Rub

4 Servings

Prep Time: 15 min

Cook Time: 2 min