

LANGOUSTINES WITH CARMELIZED ONION



Serves 2



5 minutes



1 Mibrasa casserole dish

INGREDIENTS

1 medium onion cut julienne
1 lb Langoustines
Olive oil
Salt

METHOD

- Place onion slices in a Mibrasa casserole dish with a dash of olive oil. Place on the lower grill and cook for 2-3 minutes. Remove the dish, stir and then return to the oven to cook for 1 minute until it caramelizes and then sprinkle over a pinch of salt.
- Add the langoustines to the casserole with another dash of olive oil, return to the oven and cook for 2 minutes.

