

SWEET PRAWNS WITH QUINOA



Serves 2



15 minutes



2 Mibrasa casserole dishes

INGREDIENTS

For the prawn marinade

4 tbs tomato paste
3 tbs honey
1 tbs lemon juice
1 tbs extra virgin olive oil
1 tsp hot sauce
1/2 tsp garlic powder
Sea salt
3/4 lb peeled prawns

For the quinoa

1 cup quinoa
1/4 cup currants
8 dates
1 tbs olive oil
1 tsp fresh thyme or 1/2 tsp. dried
Sea salt
Black pepper

METHOD

- To make the marinade, combine tomatoes, honey, lemon juice, olive oil, hot sauce, garlic powder and a pinch or two of salt.
- Clean and gut the prawns and then cut them from top to tail to open as butterflies. Mix the prawns with the marinade, stir and leave to marinate for at least 10 minutes. Take the prawns out removing the excess marinade sauce and set aside on a separate plate before cooking.
- To make the quinoa, bring 2 and ½ cups of salted water to the boil in a Mibrasa casserole dish. Once boiled, add the quinoa and place back in the Mibrasa for a further 5 minutes. Check the quinoa is cooked through, remove from the oven and add raisins, chopped dates, oil, thyme, and then season to taste. Remove the dish from the oven and set aside.
- Place the prawns in a preheated casserole dish and cook for 2 minutes on the bottom grill.
- To plate, spoon the quinoa into a shallow cylinder mold and top with 3 prawns. Garnish the dish with chives, pink pepper sauce or reduced marinade sauce.

