

Grilled Caramelised White Prawns

Preparation time 30 minutes

Cooking time 4 minutes

Serves 4

Ingredients

750 g green tiger prawns

3 teaspoons olive oil

salt and black pepper

Caramelised White, Apple and Fennel Dressing Ingredients

1 teaspoon fennel seeds

25ml Caramelised White

2 tablespoons apple juice

50 g fennel, finely sliced

1 clove garlic, crushed

1 tablespoon extra virgin olive oil

To garnish: a few fresh chives

- 1 Peel and de-vein the prawns, leaving the tail shells on. Rinse and pat dry with paper towels.
- 2 Heat a small nonstick frying pan over medium heat and dry-fry the fennel seeds for 1–2 minutes, then grind coarsely in a spice mill or with a pestle and mortar. Whisk together with 1 tablespoon of lemon juice and the other ingredients for the dressing.
- 3 Heat the griller to medium-high. Toss the prawns in the oil and season to taste, then grill for 2 minutes on each side, or until pink and opaque.
- 4 Divide the prawns between serving plates, pour over the dressing, garnish with chives and serve warm or at room temperature.



