


Grilled Prawns

Cuisine: **South-East Asian**
Food category: **Fish**




Author: **Phil Smith**


Company: **Retigo**





Program steps


1


 Hot air


 0 %

 Termination by time

 00:05 hh:mm

 230 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
Tail on - Large raw prawns	30	pcs
fresh peppers	4	pcs
Fresh lime	3	pcs
Garlic cloves	4	pcs
olive oil	500	ml

Nutrition and allergens

Allergens:	
Minerals: Ca, Fe, K, Mg, Ph, Zn	
Vitamins: A, B, C, D, E, K	
Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Make a marinade from the chopped chili, lime juice (and zest), garlic and olive oil.

Place the prawns in the marinade and leave for 10 mins.

Then place 3 prawns on a wooden skewer until all the prawns are gone.

Pre-heat the Retigo oven with the Vision Express Grill inside, when pre-heated, lace the prawns onto the grill and cook.

Recommended accessories



Vision Express Grill