

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	100	°C	%
---	---------	-----	---------------------	-------------	-----	-----	----	---

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

Recommended accessories



Vision Express Grill

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.