

Jason Pettit – Capital Radio Recipe



Peri Peri Prawns with basil & lemon sauce and a simple tomato, cucumber & coriander salad

Quick to prepare and quick to cook, the sweetness of king prawns is balanced perfectly with the fieriness of peri peri marinade.

Ingredients – serves 4 people

12	ea	large fresh prawns (peeled, cleaned and tail removed)
1	ea	birds eye red chili pepper (finely chopped)
3	clove	garlic (peeled and chopped finely)
½	Tsp	ground coriander powder
1	Tsp	ground ginger powder
1	Tsp	smoked sweet paprika powder
2	ea	limes (zested and juiced)
		<i>salt & black pepper to taste</i>
4	ea	skewers
2	ea	lemons (cut in half)

Basil and Lemon Sauce

1	bunch	fresh basil (leaves picked and washed – approx. 30gm)
4	Tbsp	extra virgin olive oil
1	clove	garlic (peeled and crushed)
2	Tsp	ground almonds
2	Tbsp	grated parmesan
1	ea	lemon (zested and juiced)
		<i>salt & black pepper to taste</i>

Tomato, Cucumber & Coriander Salad

6	ea	vine ripened tomatoes (deseeded and chopped)
1	ea	cucumber (trimmed and chopped)
1	sm	red onion (peeled and finely diced)
½	bunch	coriander (leaves picked and chopped)

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salt & black pepper to taste

Method

Make the peri-peri marinade by mixing all the spices with the chili, garlic, lime juice and zest. Season lightly to taste.

Place prawns in a zip-lock bag, add the marinade and then massage them together until fully coated. Close the bag and set aside.

Place all sauce ingredients into a blender but keep half the lemon juice back.

Pulse / blitz until the basil leaves are combined.

Taste and adjust the seasoning and add more lemon juice as required.

Pulse / blitz again and then place into a serving dish.

Thread 3 prawns onto each skewer.

Pre-heat a large griddle pan over a medium high then place the skewers in.

Allow them to cook through until well seared and golden lines are formed – approx. 3 – 4 minutes.

Turn the skewers over and allow to cook through – approx. 3 minutes.

Place 4 lemon halves flesh side down into the griddle pan and press lightly and leave them to sear.

Whilst the prawns are cooking, make the salad by combining all ingredients then season lightly to taste.

Once the prawns are cooked through, place onto serving plates with one griddled lemon half and drizzle over a little Basil & Lemon Sauce.

Serve with the salad and some crusty or garlic bread

Notes from the chef:

The peri-peri marinade can be made milder by using a dutch long red chili pepper or spicier by using a second birds eye chili pepper.

The marinade can be made in advance and kept in the fridge for a week in an airtight container.

If you want to BBQ this recipe then you can use prawns still in the shell which give a great flavour and offer some protection to the meat.

The Basil & Lemon Sauce is like a pesto but uses almonds. This can also be made in advance and kept in the fridge for a week in an airtight container.

Do not season the salad too early or it will draw all the moisture out of the tomato and cucumbers.

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Tbsp - tablespoon

Tsp - teaspoon