

# Breco Seafood Braai Competition

## Garlic, Spring Onion & Olive Oil Prawns

By Rafael Daniel



[Watch the submitted recipe video](#)

Seafood: Prawns

Serves: 6

Preparation time: 30 minutes

Cooking time: 20minutes

### The story

I always make a creative Sunday cookout never a planned recipe but this came out with a lot, lot, lot of flavour, my wife and kids loved it, prawns were marinated for 6 hours with olive oil and garlic and was cook on a coal fire or may I say braai in a wok pan.

### Ingredients

Super quick one - 10 minutes. This is my favourite way to do it:

- 400g prawns, cleaned and deveined (keep tails on)
- 4 tbsp olive oil
- 3 spring onions, sliced (keep white and green separate)
- 3 cloves garlic, minced
- 1/2 tsp chilli flakes (optional)
- Juice of 1/2 lemon
- Salt & black pepper
- Handful parsley

### Method

1. Heat olive oil in a big pan on medium-high heat. Don't let it smoke.
2. Add the \*white parts\* of the spring onion + garlic + chilli flakes. Fry 30 seconds

until you smell it.

3. Add prawns, salt, pepper. Spread them flat. Cook 2 minutes per side - until pink. Don't overcook or they go rubbery.
4. Turn off heat. Add lemon juice and the \*green parts\* of the spring onion. Toss.
5. Drizzle a little more fresh olive oil on top and parsley.

\*Serve with:\*

- Crusty bread to mop up the oil (best option)
- Or over rice / linguine
- Or with a simple tomato salad

\*Tip:\* Add 1 tbsp butter at the end if you want it richer, and a splash of white wine when you add the prawns if you have it.