breco SEAFOODS

COAST & EMBER
COCONUT PERI-PERI PRAWNS

Serves 4 | Prep time: 45 min | Cook time: 40 min



Inspired by Iden's journey from Nampula in Mozambique to South Africa. Coconut, citrus and peri-peri meet the South African braai.

RECIPE BY IDEN MUTIMBA, PRETORIA

INGREDIENTS:

SEAFOOD AND MARINADE

- [ ] 4 large shell-on prawns (about 800g)
- [ ] 400g calamari, cleaned
- [ ] 45ml (3 tbsp) olive oil
- [ ] 3 garlic cloves, grated
- [ ] 1–2 bird's-eye chillies, chopped
- [ ] 15ml (1 tbsp) lemon juice and zest of ½ lemon
- [ ] 5ml (1 tsp) smoked paprika
- [ ] 2.5ml (½ tsp) sweet paprika
- [ ] 15ml (1 tbsp) parsley, chopped
- [ ] 2.5ml (½ tsp) salt and black pepper

CRISPY POTATOES

- [ ] 600g baby potatoes
- [ ] 15ml (1 tbsp) olive oil
- [ ] 2.5ml (½ tsp) smoked paprika
- [ ] Zest of ½ lemon, salt and pepper

COCONUT PERI-PERI SAUCE

- [ ] 15g butter
- [ ] 2 garlic cloves, grated
- [ ] 1 bird's-eye chilli, chopped
- [ ] 200ml coconut cream
- [ ] 15ml (1 tbsp) lemon juice
- [ ] 2.5ml (½ tsp) smoked paprika
- [ ] 5ml (1 tsp) honey
- [ ] 10ml (2 tsp) parsley, chopped
- [ ] Salt, to taste

CITRUS GARNISH

- [ ] 2 naartjies or small oranges, segmented
- [ ] 80g red onion, thinly sliced
- [ ] ½ bunch parsley
- [ ] 10ml (2 tsp) lemon juice
- [ ] 1 lemon, thinly sliced and dried

METHOD:

01. Dry the lemon slices slowly in a low oven until firm. Set aside for garnish.
02. Make a fire with hot and medium zones. Butterfly the prawns through the shell (keep heads and tails on) and devein. Lightly score the calamari.
03. **Marinate:** mix the marinade ingredients, coat the seafood and refrigerate for 20–30 minutes.
04. **Potatoes:** boil until just tender, drain and gently flatten. Brush with oil and season with paprika, salt and pepper.
05. **Sauce:** melt the butter and gently cook the garlic and chilli. Add the coconut cream, lemon juice, paprika, honey and salt and simmer until slightly thick. Stir in the parsley and keep warm.
06. **Braai:** crisp the potatoes over medium heat and finish with lemon zest. Cook the prawns shell-side down over hot coals until charred, then briefly on the flesh side. Sear the calamari over high heat just until opaque.
07. Toss the citrus, onion and parsley with lemon juice and a pinch of salt.
08. **Plate:** sweep the sauce across the plate, add the potatoes, prawns and calamari, and top with the citrus salad and dried lemon.