GARLIC & SPRING ONION OLIVE OIL PRAWNS

Serves 6 | Prep time: 30 min | Cook time: 10 min



Born at one of Rafael's unplanned Sunday cookouts, these quick pan prawns were an instant hit with his wife and kids.

RECIPE BY RAFAEL DANIEL, MARLANDS

INGREDIENTS:

- [ ] 400g whole prawns, cleaned and deveined (tails on)
- [ ] 60ml (4 tbsp) olive oil, plus extra to finish
- [ ] 3 spring onions, sliced (white and green parts separate)
- [ ] 3 garlic cloves, crushed
- [ ] 2.5ml (½ tsp) chilli flakes (optional)
- [ ] Juice of ½ lemon
- [ ] Salt and black pepper
- [ ] Handful fresh parsley, chopped

METHOD:

01. Heat the olive oil in a large pan on the braai over medium-high heat, without letting it smoke.
02. Add the white parts of the spring onion, the garlic and chilli. Fry for 30 seconds until fragrant.
03. Add the prawns in a single layer and season. Cook for 2 minutes per side, until pink. Don't overcook them.
04. Take the pan off the heat. Add the lemon juice and spring onion greens and toss.
05. Drizzle with fresh olive oil and scatter over the parsley.
06. Serve with crusty bread and a tomato salad, or over rice or pasta. For a richer version, add a knob of butter at the end and a splash of white wine with the prawns.