



PRAWNS PROVENÇAL

This recipe requires a gas stove to flambé the prawns; if you have an electric stove, you will need matches.

Serve with sautéed zucchini spaghetti and 7 grain rice.

16 deveined and peeled prawns
15 mls olive oil
60 mls cubed butter
15 mls garlic
25 mls brandy
25 mls parsley
Salt and Pepper
lemon

TO COOK PRAWNS: In a large sauté pan on medium-high, heat add prawns, butter, and garlic. Once one side of the prawn turns pink in colour, flip the prawns then flambé with brandy. With one hand, remove pan from heat and with the other hand, pouring 25mls brandy. Quickly bring pan back to the heat (see note). If you have a gas stove, carefully tilt pan toward flame and it will flambé automatically; if you have an electric stove, light a match and carefully put the flame close to the pan to allow it to catch fire. Let flames dissipate. Sprinkle with 25mls parsley over prawns, season with salt and pepper, drizzle with lemon juice, and stir to combine, then transfer to a serving platter.

MAKES 2 SERVINGS

PRO TIP: If the pan is not hot enough, the brandy will not ignite.



ZUCCHINI SPAGHETTI & 7 GRAIN RICE

We're happy to cut your zucchini and pre-cook your 7 grain rice for you!

TO COOK ZUCCHINI SPAGHETTI: In a large sauté pan on medium-high, heat add olive oil, then zucchini. Cook Zucchini until desired tenderness.

PRO TIP: Hot Pan and Cold Oil prevents sticking.