

**OVERALL time: 50 mins**

## CAJUN PRAWNS

Celebrate our warm southern hemisphere Christmas by serving up a spicy seafood feast. Our **Cape Herb & Spice Louisiana Cajun Rub** works with pretty much anything, including plump prawns!

Metric

**Number of servings : 4**

### ingredients

**For Cajun prawns in their shell on the braai**

- 30 Extra large prawns, shell on
- 45 ml Extra virgin olive oil
- 1 Garlic clove, finely minced
- **Cape Herb and Spice Louisiana Cajun Rub**
- 1 Juice of lemon
- Large handful of parsley, chopped

**For shelled Cajun prawns on the stovetop**

- 30 Extra large prawns, peeled and vein removed
- 30 ml Extra virgin olive oil
- 30 ml Butter
- 1 Clove garlic, roughly crushed, to break open the skin
- **Cape Herb and Spice Louisiana Cajun Rub**
- 1 Juice of lime
- Large handful of parsley, chopped

**For the corn salad**

- 1 Tin plain corn in brine, drained
- 0.5 punnet Cup of cherry tomatoes, halved or quartered depending on size
- 0.5 Green pepper, cut into small dice
- Large handful of coriander leaves, finely chopped
- 1 Stick Celery, finely sliced
- 0.5 Red onion, finely diced or sliced
- 30 ml Extra virgin olive oil

- 1 Juice of lime
- micro herbs, to top
- Generous pinch of salt

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 20 mins**

First up, clean the prawns. Simply use small sharp scissors to cut them open along their spines, starting at the head and ending at the tail. Lift out the thin elementary tract/vein that runs from the head to tail. Rinse the prawns and pat them dry.

Melt the butter, then stir in the rest of the ingredients. Allow this spiced butter to cool. Once the butter is set, spoon a dot of it roughly the size of a pea into the slit you made in the spine of each prawn.

**For prawns done in the oven:** Divide the prawns between two baking sheets lined with baking parchment. Liberally dot the rest of the flavoured butter all over the prawns. Bake them in a 180 °C oven until cooked through – how long they take depends on how large the prawns are. They are done as soon as the flesh is white and no longer slightly translucent.

**For prawns done on the braai:** Pack the prawns in a braai grid and place on the fire. Re-melt the flavoured butter and use a pastry brush to paint the prawns on both sides as they braai.

**For prawns done on the stove top:** Add all the flavoured butter to a large frying pan, add the prawns and fry over low heat. Serve them in a large bowl with all those buttery pan juices poured on top! This recipe will serve two adults as a substantial main, or 6-8 people as part of a Christmas buffet table.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://mail.caapeherb.co.za>

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