



MAN LAW Australasia Pty Limited  
PO Box 545  
Riverstone. NSW 2765  
Ph: 1800 026 086  
Web: manlaw-bbq.com.au  
Email: Fiona@manlaw-bbq.com.au

## MAN TUCKER RECIPES

### MAN LAW GARLIC KING PRAWNS



#### You'll need

10 – 20 Fresh green king prawns – Aussie ones of course!  
1 Red capsicum – washed, seeded & diced into 1" squares (approx.)  
1 Red onion – Cut off top and bottom, cut in half lengthways, cut halves into 8<sup>th</sup>s all lengthways  
Freshly ground pepper  
Garlic cloves – as many as you would like  
Olive oil  
(you can add other small veg pieces if you like)

#### Something to serve your garlic prawns with

Soba noodles (enough for a small quantity for each person)

#### Hydration requirements

1 bottle of chilled Chardy or Sauv Blanc and glasses for the wine drinkers over 18 y.o.  
1 bottle of a "fruity" type beer eg: Corona or Matso's Mango Beer or both  
Juice or water for those under 18 y.o.

#### Equipment requirements

BBQ Grill  
MAN LAW BBQ Skillet  
1 x plastic (non-metal) spatula  
Pan to cook the Soba noodles  
A knife for chopping, garlic crusher, pepper grinder and a couple of bowls.

The Prawns: Get the BBQ Chef to help with this bit: behead, betail (I guess that's the term to take the other end of the prawn off! But leave it on if you would like) then peel the prawns & devein. The BBQ Chef is now free to wash his hands and after all that effort, make sure you give him that nicely chilled well-deserved beer – he'll need a break.

Put peeled prawns into a bowl, pour over some olive oil (enough to coat all of the prawns but not so much that they start swimming again). Crush the garlic into the bowl as well and stir the oil and garlic through the prawns so that they are all coated. Cover the bowl with plastic wrap and put in the fridge for ½ hour (or as much time as you have available if 1/2 hour is not possible).

The Veg: Cut up the capsicum into largish dice and the red onion into the long crescents. Put the onion into a bowl and pour over a small amount of olive oil (this will help start the cooking process when it goes on the BBQ grill and start the ‘sizzle’ and the beautiful browned and caramelized flavours).

Ask the BBQ Chef to warm up the grill.

Get your Very Versatile MAN LAW BBQ Skillet and give to the BBQ Chef to start it warming up.

For the noodles: Put some water in a pan and put on the stove. Start it heating up so that it is ready to pop the soba noodles in and cook – as directed on the pack (usually only 4 minutes). Try to time the cooking of the noodles to finish when the prawns are ready.

Take the prawns out of the fridge so that they are not too cold when they need to be cooked.

The cookin’ stage: When the BBQ Chef advises that the MAN LAW BBQ Skillet is nice and hot – you can put the onions into the skillet for the BBQ Chef. Allow to cook for about 30 – 60 seconds. They will start to sizzle and cook and all of the oil will drip through the grill. This can cause a small flare up but only serves to add that yummy BBQ flavour. Next, put the diced capsicum into the MAN LAW BBQ Skillet for the BBQ Chef, Chef to toss/stir through with the plastic spatula (‘cause that’s his job) so that the capsicum starts to cook also. Allow to cook for a minute or just until the capsicum starts to get a little cooked – make sure that the onion doesn’t start to burn.

Remove the plastic wrap from the prawns and deliver to the BBQ Chef.

Ask the BBQ Chef to make a bit of a space in the middle of the MAN LAW BBQ Skillet and put the prawns in. Push them around a little so that they are in a single layer on the bottom of the skillet. Allow them to cook and brown a little on one side. Turn them over with the plastic spatula, using all of your BBQ Chef type flare and allow them to cook on the other side.

Grind on a little fresh pepper.

Once the prawns are opaque, browned and cooked, toss all of the items in the skillet together and allow it all to continue to sizzle together for another minute.

Dishin’ up: Once the Soba noodles are cooked, drain, remove a small quantity to each of the shallow bowls or plates into a small pile. (To be a bit fancy ... hold the centre of the pile gently with tongs and turn/rotate the tongs so that the Soba noodles turn into a nice swirl).

Let the BBQ Chef know that you’re ready so that he can bring the MAN LAW BBQ Skillet in and dish up the prawns and veg. A TIP: hold a plate under the skillet if walking over an area that you don’t want any drips – like the carpet!

After all that hard work, perhaps grab another beer for the BBQ Chef and a VERY well deserved glass of wine for you, then sit & enjoy your glass of wine with that wonderful meal he has cooked for you(!!)

You’re a star again!

Wipe out your MAN LAW BBQ Skillet with a sponge and hot soapy water – no scouring needed.