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## MAN TUCKER RECIPES

### MAN LAW SPRING LUNCH FOR 2 – BBQ'd KING PRAWNS AND SNAPPER

#### WITH RADISH, APPLE & MINT SALAD



This is so simple and fresh for spring – all cooked on the BBQ in around ½ hour. It is a quick and easy meal with a lovely salad full of flavour.

#### You will need:

- 1 small plate sized Snapper fillet
- 12 'or so' King Prawns
- 1 Garlic clove
- 1 Long Red Chili (optional)
- A good splosh of Olive oil

#### For the Salad:

- Some Baby Spinach Leaves
- Some Celery Sticks
- A hand full of parsley (cut up)
- A few Cherry Tomatoes halved
- A few mint leaves scattered to serve (tear up big ones – you just want a 'hint of mint')
- A splosh of Olive Oil
- 8 Radishes (sliced thinly)
- Half teaspoon Dijon mustard
- 1 apple (Julienne sliced)
- A smaller splosh of Red Wine Vinegar

- Also needed: a light wine like a Chardonnay, SSB or similar & (if required) beer for the BBQ Chef.

What to do ...

- Remove the heads and peel the King prawns then place in a bowl
- Cut the snapper fillet into chunks and pop into the same bowl
- Crush the garlic clove into the bowl
- Finely slice the red chili and add to the bowl (if you don't like it too hot, slice down the middle & take the seeds out, if you want just a hint of hot – leave just a few seeds in! Wash your hands straight after handling the chili so you don't wipe your eyes with juice on your hands)
- Add your olive oil and toss the prawns and snapper thoroughly through the mixture
- Cover with plastic wrap and place in the fridge to marinate for one hour.

To make the Salad ...

- Wash the radishes and celery and thinly slice them – slice the radishes as finely as you can
- Peel, core and finely julienne the apple
- Wash, then halve the cherry tomatoes, wash and cut up the parsley
- Put all the salad mix in a bowl
- Tear up any big mint leaves or if you have smaller ones like peppermint leaves – use these. Reserve the leaves to sprinkle on the salad later.
- Combine the mustard, olive oil and vinegar together in a bowl to make the dressing.
- Set the dressing aside until you're ready to serve. Then pour the dressing over and toss together (or leave on the side for people to put their own).

Have a glass of wine.....relax, pop your feet up, grab that magazine you keep looking at but not getting to read and take a quiet break for 15 minutes (how often does that happen!!). When the prawns and snapper have been in the fridge long enough (& you finish the story you're reading) then ...

Ask the BBQ Chef to heat up the BBQ grill to a medium heat then get the **MAN LAW BBQ NON STICK SKILLET** heating up. Take a beer, the King Prawns & Snapper in the marinade out to the BBQ Chef.

Ask the BBQ Chef to cook the King Prawns & Snapper in the **MAN LAW BBQ NON STICK SKILLET**. Pop them into the Man Law Skillet, marinade & all. The oil will be enough to give them a start & some caramelisation and all of the 'extra' will go straight down through the holes in the skillet & let that smoky flavor go through your prawns and fish. Give them a toss about until they are all yummy and browned and cooked.

To serve....

- Dress the salad or leave the dressing on the side if you like.
- Serve the salad on a serving plate each and arrange the prawns & snapper beside or on top of the salad.
- Scatter some mint leaves on top to finish.
- Pour a couple of glasses of wine or beer and enjoy the food and the company & relax!

Good heavens – don't tell anyone how easy this was ... let them think it took you ages!! Well done!!