Garlic Prawns with Rice Pilaf



Put the rice in the oven first. The prawns need only a few minutes in the pan.

SERVES 4 / HOB AND OVEN 180°C

Prep 20 min · Cook about 20 min

Ingredients

RICE PILAF

10 g butter
½ onion, finely chopped
250 g long-grain rice
500 ml chicken or vegetable stock

GARLIC PRAWNS

480 g raw (green) prawns
2 tbsp seasoned plain flour
20 g butter
½ onion, finely chopped
4 garlic cloves, minced
10 ml olive oil
Zest and juice of ½ lemon
25 ml white wine
2 g parsley, chopped

Cook together

1. Bake the pilaf
Soften onion in 10 g butter. Add rice and hot stock. Bring to the boil, cover and bake at 180°C for 15–18 min.

2. Reserve the garlic butter
Soften the remaining onion and garlic in 20 g butter. Spoon into a bowl.

3. Fry the prawns
Peel, split and devein prawns. Dust in flour. Fry in oil until golden and opaque through the centre. Lift out.

4. Finish and serve
Reduce wine and juice by half. Add garlic butter, zest and parsley. Rest rice 2 min, fluff and serve with prawns and sauce.

KOOK'S SECRET

Have the prawns peeled and the sauce ingredients beside the stove. Start frying as the rice finishes baking so the prawns arrive hot.

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The full method

01 **Start the pilaf**

Heat the oven to 180°C. Warm the stock. In an ovenproof saucepan, soften half the onion in 10 g butter over gentle heat. Stir in the rice until the grains glisten. Pour in the hot stock and bring to the boil.

02 **Bake the rice and prepare the prawns**

Cover the pan with an ovenproof lid and bake for 15–18 minutes, until the stock is absorbed and the rice is tender. While it bakes, peel the prawns, split them lengthways and remove the dark vein. Pat dry.

03 **Set aside the garlic butter**

Soften the remaining onion and garlic in 20 g butter in a frying pan over gentle heat. Scrape the contents into a small bowl.

04 **Fry as the rice finishes**

Dust the prawns with seasoned flour and shake off the excess. Heat the olive oil over medium-high heat. Fry in a single layer, in batches if needed. Turn once. Lift out when golden and opaque in the centre.

05 **Finish the sauce and fluff the rice**

Rest the rice, covered, for 2 minutes. Reduce the wine and lemon juice by half in the prawn pan. Swirl in the garlic butter, zest and parsley. Fluff the rice with a fork, top with prawns and spoon over the sauce.

AT THE STOVE

Use a wooden spoon to lift the golden bits from the prawn pan as the wine and lemon juice bubble. They give the sauce its savoury flavour.