

## *Gambas a la Plancha (Griddled Prawns)*

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REF:

**Serves 2**

**Cuisine: Spanish**

Preparation Time: 1 Minute  
Cooking Time: 4 Minutes

**Ingredients:**

8	Large raw prawns, shells and heads on
1 clove	Garlic
! tsp	Freshly chopped Flat Leaf Parsley
1 tbsp	Rock Salt
2 tbsp	Extra virgin olive oil
1	Lemon wedge

**Method:**

1. Place a large, heavy-based pan over a high heat, scatter the salt over the surface of the pan and get it really hot.
2. When its searing, place the prawns on top of the salt.
3. Mix the garlic, oil and parsley together in a bowl.
4. After 2 minutes, drizzle the prawns with the oil mix and turn them over and cook for a further minute or two depending on their size.

**To Serve:**

Squeeze lemon juice over and transfer to a plate or bowl to serve.

**Chef's Notes:**

The dish smokes a bit when in the pan but this gives it the 'plancha' flavour. Add sliced chilli to give it a kick if you like.