

Honey and Sesame Seed Prawns



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Ingredients (Serves 4)

Prawns (enough for 4 people)
6 tablespoons honey
3 tablespoons soya sauce
1 tablespoon water
 $\frac{1}{2}$ thumb size ginger, grated
2 teaspoons garlic, crushed
1 dessertspoon cornflour
Roasted sesame seeds

Method

Preparation – Shell, devain and butterfly the prawns. Marinate the prawns in a mixture of honey, soya sauce, water, ginger and garlic for at least 1 hour.

Cooking – Pan fry the prawns in oil, approximately 30–60 seconds.

Sauce – Take the marinade, place in a heavy based pan and bring to the boil, add cornflour mixed with a little water, simmer until thickened.

Serving

Coat prawns in sauce and sprinkle with roasted sesame seeds. Serve the prawns on a bed of rice, accompanied with a green salad.