



seafood zest

Patrick Tang, Executive Chef of Stamford Catering, creates this tasteful, healthy dish that's easy to prepare

grilled prawns with papaya-flavoured sweet potato, thai asparagus and fruit salsa
serves 4

8 pcs king prawns
16 pcs Thai asparagus
100 ml olive oil

for the flavoured sweet potato:

160 g sweet potatoes, cubed
80 g papayas
30 ml fresh orange juice
10 ml fresh lemon juice

for the seasoning:

sea salt
black pepper, crushed

for the fruit salsa:

120 ml tomato coulis
40 g fresh tomatoes
20 g fresh red chillies
40 g avocados
40 g fresh mangoes
20 g shallots
10 g coriander

for garnishing:
fresh chervil



“Prawns are a versatile ingredient for many dishes. For a prawn aficionado such as myself, it is a challenge to create different prawn dishes to suit each purpose and occasion. This is what inspired me to create this healthy prawn recipe, which fuses the unique blend of fruit salsa to deliver a piquant punch. You get to enjoy bursting flavours of both prawns and fruits without compromising the taste of one another.”

1. Wash, peel and de-vein the prawns, leaving the tail of the prawns intact.
2. Season the prawns with sea salt and crushed black pepper, to desired taste
3. Heat the pan and add 2 tablespoons of olive oil and grill the prawns for about 5 to 7 minutes.
4. To make the flavoured potatoes: Add the sweet potato cubes in a pot of boiling water to boil for about 20 minutes. Mix the boiled sweet potato with papaya, lemon juice and orange juice.
5. Put the Thai asparagus in a pot of boiling water and boil for about 2 minutes.
6. To make the fruit salsa: Cut the tomatoes, chillies, avocados, mangoes, shallots and coriander. Mix the ingredients with the tomato coulis and olive oil.
7. Place the flavoured sweet potatoes in the centre of the plate. Top with the Thai asparagus, followed by the grilled king prawns on top of the asparagus.
8. Pour the fruit salsa over the prawns and the side of the plate. Garnish with fresh chervil and serve. **fd**

For more information about Stamford Catering, visit www.stamfordcs.com.sg.