



## **Mozambican Fried Prawns (Camarao Fritto)**

*Served with Tomato Rice and Salad of your choice*

### **Ingredients**

- 6 to 10 prawns per person (depending on size and how hungry you are). Deveined and cleaned, but must still have heads and shells.
- Fresh Garlic
- Salt
- Fresh Lemons

### **Method**

#### ***Marinate the prawns:***

- Crush about 3 cloves of garlic with about 2 tablespoons of salt (depending on how many prawns you have), in a mortar and pestle, to create a salt & garlic paste.
- Marinate prawns in the garlic & salt mix
- Add a little fresh lemon juice to the raw prawns
- Leave to stand for about 1 hour

#### ***Fry the prawns:***

- Heat a generous amount of oil (about 1.5cm high) in a pan
- When oil is hot, add prawns and fry until pink (5-10 minutes depending on heat of plate)

#### ***Sauce for prawns:***

- Mix fresh lemon juice (squeeze about 1-3 lemons in a cup) and 2 parts water, to 1 part lemon)
- Mix this juice with the left-over juice from the bowl that the prawns were marinating in.



- When prawns are done frying, remove them from pan (into an oven dish) and add in the above mixture to the oil of the pan. Stir in and cook for 1 minute then pour over the cooked prawns.

## **Tomato Rice**

### **Ingredients**

- 3 tomatoes
- 2 onions
- Bay leaves
- Salt
- Fresh Garlic
- Paprika
- White Rice (Tastic will do just fine!)

### **Method**

- Blanche 3 tomatoes (place them in boiling water then peel the skins off). Must be red tomatoes but not overly ripe.
- Chop 2 onions very finely and place in pot
- Add generous amount of oil, bay leaves (as many as you wish) and three peeled, chopped tomatoes.
- Braise on medium heat, add salt and 2 gloves of garlic.
- Cook until becomes a paste
- Whilst cooking, add some Paprika powder (2-3 teaspoons)
- Rinse the uncooked rice 5 times to remove excess starch
- Add boiling water to the tomato and onion paste to boil the rice in.
- Add rinsed, uncooked rice
- Cook until rice is ready/ cooked