

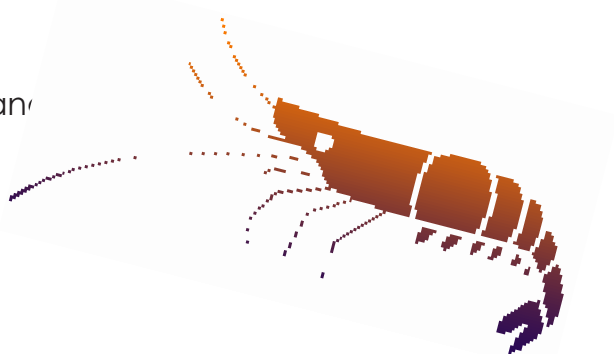
This recipe evokes the clean flavours and freshness of Australia's magnificent fresh foods and casts the senses to open coastal views and sunshine.

Prawns in Herbs, Wine & Soy Marinade

Serves Four

Ingredients:

- 1Kg Australian green prawns (fresh or thawed)
- 1 cup good white wine (Australian Chardonnay, Reising etc)
- 1 cup boiling water
- 3 tablespoons of vegetable oil
- ¼ cup fresh squeezed lemon juice
- ¼ cup soy sauce
- ¼ cup chopped fresh mint
- ¼ cup fresh chopped coriander or oregano
- ¼ cup fresh chopped basil
- 1 small onion finely diced



Preparation:

1. Place prawns in a large deep dish
2. Evenly sprinkle over all the chopped herbs and onion
3. Pour over the lemon juice, soy sauce and wine
4. With a wooden spoon/spatula roll over the prawns through the marinade mix until the herbs and onion are evenly distributed through the prawns
5. Pour the cup of boiling water over the prawns, cover the dish with cling wrap and allow to sit for 60 minutes.

Cooking:

1. Heat the vegetable oil in a large wok or pot until lightly smoking
2. Pour in the total prawn & marinade mix
3. Roll over the prawns with wooden spoon/spatula so all prawns are exposed to the wok sides for a minute or two.
4. Cover the wok and allow to simmer for 5 minutes
5. Turn off heat and allow to sit with lid on for a few minutes

Serving:

Place prawns on a bed of steamed rice and spoon over the marinade

Accompany with a chilled glass of Chardonnay or Sauvignon Blanc.