

living on the coast recipe cards- garlic prawns



6 x large fresh green prawns
tablespoon of butter
fresh chopped parsley
60 ml olive oil, pinch of flour
teaspoon of garlic

method

heat oil in pan for a few minutes, add your butter and it should sizzle. add garlic and cook for a minute or until it browns. add your green prawns and cook for a few minutes, sprinkle with parsley and add a good pinch of flour and if you want add a dash of white wine.....



throughout series one and two we have been travelling to locations on the coast cooking up some great dishes. Adam has been showing you some of his favourites from the trevi fountain award winning menu.

Our cooking segment is proudly sponsored by the trevi fountain restaurant you can visit www.trevifountain.com.au or ph adam 02 44230285 in business hours if you require any advice tips or make a booking for dinner next time you are in the shoalhaven