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## *Sticky Honey-glazed Prawns with Griddled Greens*

<http://properfoodie.com/honey-glazed-griddled-prawns/>

*Sticky, honey glazed prawns with griddle asparagus and courgette ribbons. A dish I used as a Christmas dinner starter, but also perfect for a healthy spring salad.*

### **Ingredients:**

300g fresh uncooked king prawns  
3 tbsp olive oil  
2 tbsp honey  
1 red chilli seeds removed and finely chopped  
1 tbsp mirin (sweet Japanese rice wine)  
20 g parsley chopped  
2 courgettes  
125g asparagus tips  
Extra oil and pepper for serving  
15cm wooden skewers



### **Method:**

#### **For the vegetables:**

First prepare the vegetables by cutting the asparagus in half, length ways and slicing the courgette into ribbons using a peeler. For best results with the courgette; peel along the length and turn the courgette, leaving a strip of green between each peel. Work around the courgette until all sides have been peeled, then go round again until you reach the seeds in the middle - seeds can be discarded.

Place a griddle pan on a high heat. Put the prepared veggies in a bowl and drizzle over 2 of the tablespoons of olive oil. Toss well to fully coat the vegetables.

Lay the vegetables side by side in the hot pan, you may have to do this in batches. Press with a spatula to get griddle marks and a slight charring. Flip over after a couple of minutes. Repeat this until you achieve a colour you are happy with.

Place cooked vegetables into a seal-able container with kitchen towel at the bottom to prevent any sogginess. The container can be placed in the fridge until ready to serve.

#### **For the prawns:**

Skewer 3 or 4 prawns onto 15cm wooden skewers. (I could only find skewers twice this length in my local shop, so I had to cut them down – watch out for any sharp edges that may need filing). Prepare the dressing by mixing: the remaining tablespoon of olive oil with the honey, chopped chilli, mirin rice wine and chopped parsley. Place dressing in the fridge until you are ready to serve.

Put the griddle pan back on the heat and pop in the skewered prawns. Pour over the sauce and cook on each side until the prawns are bright pink and the sauce has become thick and sticky. Again you may have to cook the prawns in batches depending on how many you're making. Cooked prawns can be placed on a tray in low oven to keep warm.

#### **To serve:**

Serve up cold as a prawn and spring veggies salad OR

Transfer the chilled, griddled vegetables to a baking tray and place in a hot oven for 5 - 10 minutes, until they start to sizzle. (Veggies can be in the oven whilst you are cooking the prawns).

Divide the hot vegetables amongst the serving plates and pile in the middle. Or serve on one large platter. Arrange the griddled prawn skewers on top of the bed of vegetables and season with pepper.