

PRAWN WITH MANGO SAUCE



Ingredients (serves 4 people):

16 big prawn without head and without shell
but keep the tail

Salt to taste

Olive oil to taste

1 Sicilian lemon juice

Freshly ground black pepper

- 1 clove minced garlic
- 1 sleeve without the core
- 1 peeled, seedless chopped tomato
- 1 chopped red pepper
- 1 chopped red onion
- 1/2 chopped red pepper
- 1 tsp coriander or finely chopped parsley
- 1 tbsp grated ginger

Preparation:

1. Remove the intestines of the prawn from the back and season with salt and pepper.
2. In a pan fry the red onion, garlic, tomatoes and peppers.

3. Meanwhile, beat the sleeve in the blender.
4. Add to pan.
5. Add the grated ginger, coriander and season with salt and pepper. Reserve.
6. In a skillet grill the prawn in olive oil seasoned with drops of lemon Sicilian.
7. For assembly, place mango sauce on the plate and arrange the prawn in a row on top.
8. Serves with mashed purple sweet potatoes prepared according to recipe found in Side Dishes Recipes.