



Seafood BBQ Pack

Ingredients

To Prepare

Raw King Prawns

Fish Fillets

Whole Mussels

Squid Tubes

Scallops

Simply layout on a tray or plate with paper towel underneath, preferably in the fridge. (Do not leave in bag as flavours from each item will mix together.)

When defrosted, rinse under fresh water (do not allow to soak in water) and dry off with paper towel. Marinate to your liking.

To Cook

Everything cooks so well on the BBQ. As each item takes slightly different cooking times it is important to remove each item when it is only just cooked. The order is - first Mussels, then Prawns, Scallops, Fish and last of all Squid.



Method

Start by placing mussels direct onto plate or grill. When they crack open sprinkle garlic butter or sweet chilli in the gap and lie back down so they can simmer in the sauce. Next place an amount of oil in either a cup or bowl, roll prawns in the oil (this will help prevent the shell from sticking to the meat and make them easier to peel) or shell them first and stir fry with sauce on the hot plate.

Next scallops - marinate and on they go.

Next Fish Fillets - these fillets are fairly thin and they require very little cooking time (1-2 mins per side). Either wrap in foil and sprinkle with your favourite spice or place direct onto the plate. Obviously clean the plate as much as possible first. "BE CAREFUL TO NOT OVERCOOK" Fish is best slightly undercooked.

Last is Squid Tubes - Cut into rings and place directly on plate. Stir around and flavour with your favourite chilli or garlic sauce. For nice tender squid it will only take 1-2 mins to cook. Most of all don't overcook. Total cooking time only 5 mins or so. Remember all seafood is far Tastier and Tender slightly undercooked.

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