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# Sensational Seafood



## Tara Walker

Tara shows you how to bring the fresh flavours of the sea to your own back garden.



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## Tara's Griddled Prawn Skewers with Courgette, Wild Rice & Chilli Salad

This is a really nice simple summery lunch or supper time dish. Although I have used a griddle pan here, it really is perfect for the BBQ.

### Serves 4

### Ingredients

- 16 Prawns
- 1 Red Chilli (sliced)
- 1 Lemon (zest & juice)
- 1 Clove of Garlic (chopped)
- 1 Courgette (sliced thinly lengthways)
- 100g Wild Rice (boiled & dressed warm if possible)
- 100g Feta or Goat's Cheese (crumbled)
- A handful of Flaked Almonds (toasted on a dry pan)
- Some Fresh Mint (chopped)
- Extra Virgin Olive Oil (a good glug)
- Sea Salt Flakes

### Method

Firstly, assemble the prawns. Thread the prawns onto a skewer and place in a shallow bowl. Drizzle some oil over them and sprinkle half the garlic, lemon zest & chilli (check your chilli for heat!) over them.

Put a griddle pan on a high heat and place the skewers on it, turning occasionally until the prawns are opaque and pink. Try not to overcook them. Depending on the size of the prawns, it shouldn't take longer than 5-7mins.

In the meantime, drizzle the courgette with oil & season with the salt. Place these on the griddle too. Turn after 3 mins and cook until softened and charred a little.

In a bowl, place the still-warm rice with the griddled courgette, cheese, lemon juice, olive oil & salt. Taste for seasoning and if you are happy, top with the mint & toasted flaked almonds.

**To Serve:** Best enjoyed al fresco on a sunny day!