

SPICED PRAWNS ?

VALENTINE'S DAY / STARTER

Ingredients (For 2 lovebirds)

- 6 large raw prawn tails
- 1 tbsp ras-el-hanout
- 6 snow peas
- 2 small courgettes
- 1 tbsp pomegranate seeds
- 2 cm diced ginger
- Salt
- For the emulsion:
 - ½ dl lemon juice
 - ½ dl water
 - 1 g soya lecithin (available in pharmacies and organic grocery stores)

Preparation:

Slice the snow peas into thin strips. Finely slice the courgettes using a mandoline. Blanch in salted boiling water. Drain and refresh in iced water.

Combine the lemon juice, water and lecithin in a jar. Emulsify with an immersion blender. A nice foam will form on the surface.

Heat a little oil in a frying pan. Sprinkle the prawn tails with spices. Season with salt. Sear them quickly on each side to brown.

Arrange the foam on each plate. Place the prawns and vegetables on top. Garnish with the pomegranate seeds and ginger. Serve.

