

BUTTER GARLIC PRAWNS

ingredients:

1 1/2 lbs. prawns, peeled and deveined
sea salt
freshly ground black peppercorns
3 tablespoons organic unsalted butter
3 tablespoons olive oil
4 large cloves garlic, minced
1/4 cup dry white wine
1/2 teaspoon red pepper flakes
1 lemon, juiced
2 tablespoons chopped Italian parsley

directions:

1. Lightly season the prawns with salt and pepper, toss, and set aside for 30 minutes.
2. Heat the butter and oil in a cast iron skillet over medium heat until the butter starts to turn light brown. Stir in the shrimp or prawns and sauté just until they are all pink. Remove the shrimp to a plate and set aside.
3. Add garlic to the skillet and stir until aromatic. Do not let it turn brown. Stir in the wine and red pepper. Cook until the wine is reduced to a couple of tablespoons. Add the shrimp back to the skillet and cook, stirring, until curled and just cooked through. Stir in the lemon juice and parsley. Season with salt and pepper.

Serve immediately.

