

Panko Prawns With Courgette Tart And Tomato Couli

INGREDIENTS

250 g pack puff pastry
18 pieces of Pacific West Panko Prawns

For the topping

1 cup basil oil
1 large red onion, peeled and thinly sliced
500 g courgettes, thinly sliced
1 large tomato
1 cup rocket salad for garnish

For the roasted tomato coulis

600 g large, ripe tomatoes, halved
3 garlic cloves (unpeeled)
1 tbsp balsamic vinegar
1 cup olive oil for drizzling
1 tsp caster sugar
1 pinch sea salt and coarsely ground black pepper
1 handful of fresh basil leaves

METHOD

For roasted tomato coulis

1. Heat your oven to 220°C. Put the tomatoes, cut side up, in a roasting tin. Add the garlic and trickle over the balsamic vinegar. Drizzle generously with olive oil. Sprinkle with the sugar and season lightly with salt and coarse pepper. Roast for 20-30 minutes or until very soft and juicy, and slightly colored on top (out-of-season tomatoes may take longer). Make sure they don't burn. Allow to cool.

2. Blitz the basil with the olive oil to form basil oil.
3. Peel the garlic and put the cloves, along with the tomatoes and any juices from the roasting tin, into a blender. Add the basil and a bit more olive oil. Blitz thoroughly, then pass through a sieve into a bowl to make a smooth sauce. Check the seasoning, cover and chill until needed.

For Pacific West Panko Prawns With Courgette Tart

1. Cut 1 piece of puff pastry with a ring cutter.
2. Slice the onion, courgette and tomato thinly and arrange on top of the pastry. Drizzle the basil oil on top of the sliced vegetables.
3. Line a baking tray with baking parchment or silicone paper. Place the tart on the tray and bake in the oven at 200 degrees for 10 minutes.
4. From frozen, deep fry the Pacific West Panko Prawn at 180°C for 3 minutes.
5. To serve, place the cooked tart in the centre of the plate. Drizzle the tomato coulis around. Place the rocket salad and 2 pieces of Pacific West Panko Prawns onto the cooked tart.

