

Chilli, coriander & lime BBQ prawns



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Preparation 20 mins + marinating time | Cooking 3-4 mins
Serves 4 as a starter or 2 as a light meal

16 extra-large green king prawns
sliced chilli, extra virgin olive oil and lime wedges, to serve

Chilli, coriander & lime marinade:

1 long red chilli, deseeded and finely chopped
1 small red chilli, deseeded and finely chopped
½ cup coriander leaves, finely chopped
2 garlic cloves, crushed
2 tbs lime juice
⅓ cup extra virgin olive oil

STEP 1 To make the chilli, coriander & lime marinade, combine all ingredients in a bowl. Season with sea salt and pepper. Stir to combine.

STEP 2 Cut heads off the prawns. Place prawns shell side-down onto a board and split lengthways to butterfly open (without cutting through the shell). Devein prawns and arrange flesh-side up in a large ceramic shallow dish. Spoon marinade over prawn flesh. Cover and chill for 15 minutes (or longer if time permits).

STEP 3 Heat a barbecue grill (on a barbecue with a hood) over medium heat. Place prawns shell-side down onto the barbecue. Cover and barbecue prawns, without turning, for 3-4 minutes or until the flesh is just cooked through. Arrange prawns on a serving platter. Sprinkle with extra coriander leaves and sliced chilli, drizzle with extra virgin olive oil and serve with lime wedges.

Good for you... **CHILLIES**

Chillies are rich in vitamin C, beta carotene (which the body converts to vitamin A) and dietary fibre. However, their fiery flavour means we usually consume them only in small quantities. Even 10g of chilli will provide half the day's requirement for vitamin C.

