

THAI FISHERMAN'S DISH WITH PRAWNS, CRAB AND RICE



USED BRESC PRODUCTS



Bresc Coriander puree
450g



Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Ginger & lime WOK
450g



Bresc Green & red chilli
WOK 450g



Bresc Lemongrass puree
450g

INGREDIENTS

4

- 3 dessertspoons Bresc WOKginger
- 2 dessertspoons Bresc WOKchilli
- 1 dessertspoon Bresc Lemongrass Puree
- 2 dessertspoons Bresc Garlic chopped
- 12 prawns
- 200 g panga fillet
- 200 g crab meat
- 1 dessertspoon Bresc Coriander puree
- 2 dessertspoons fish sauce
- 1 yellow sweet pepper
- 1 red sweet pepper
- 1 green sweet pepper
- 1 tin bamboo shoots
- 1 carton baby corn cobs
- ½ bunch spring onions
- 1 lime
- 3 dessertspoons Bresc Shallot, chopped
- 1 tin coconut milk
- 300 g pandan rice
- 570 ml water for the rice

PREPARATION METHOD

Peel the prawns and clean them. Cut the sweet peppers into diamond shapes, the spring onion into coarse rings and the corn into slices. Cut the fish and crab into pieces. Cut thick slices from the lime. Stir-fry everything with the ginger, chilli and garlic and then add the coconut milk. Add the lemongrass puree and the lime. Boil the mixture so that it thickens slightly. Bring the water to the boil and cook the rice until just done in a covered pan on a medium heat. Stir and leave to finish cooking with the lid on. Season the dish with the coriander and the fish sauce and serve in a steamer basket with the rice "on the side".