

NOZIPHO KHUMALO'S HAKE & SHRIMP ON THE BRAAI

Cook hake and shrimp right on the braai!

An easy one-pan seafood braai that's on the healthier side of life. This dish is easy on the pocket as well!



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Prep time: 10 minutes
Cook time: 20 minutes
Serves 2 - 3 people

INGREDIENTS

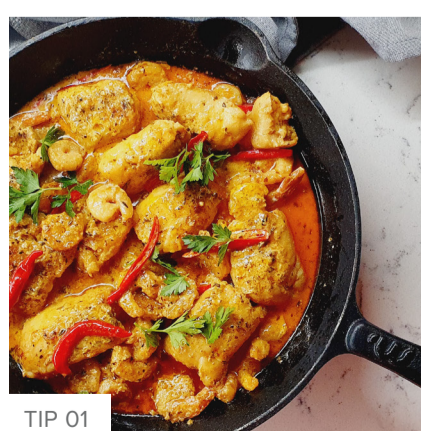
200g shrimps	1 tsp dried oregano
6 hake medallions	1/2 tsp paprika
3 tbsp butter	Chopped Parsley to garnish
Juice of 1 Lemon	40g Dijon mustard
Salt & Pepper to taste	3 chillies , de-seeded & sliced lengthwise
150ml fresh cream	2 garlic cloves , crushed

INSTRUCTIONS

1. Rinse shrimp or prawns (depending on what you could find) and hake medallions thoroughly. You can buy your seafood already cleaned and prepared. If not, make sure to clean your shrimp properly by deveining and discarding the shells.
2. Did you know there is actually a difference between a prawn and a shrimp? Shrimps are smaller, curly, and mostly found in salt water while prawns are much bigger, have straight bodies and are mostly found in fresh water (or somewhat salty). Experts say they taste similar, so it is up to you what you choose and have available to use for this recipe.
3. Use a paper towel to pat the seafood dry.
4. Place a 260 Round Pan on the braai with butter. You can use a gas- or charcoal braai. If you're using a charcoal braai, make sure your coals are ready (no open flames) before you start.
5. Season your seafood with oregano, paprika, salt and pepper.
6. Place your seafood in the melted butter and brown on both sides for 2-3 minutes. Seafood is delicate meat and can burn quickly, keep your eye on the pan!
7. Move your pan off the heat to not overcook.
8. In a separate bowl, mix Dijon mustard, garlic, lemon juice and cream. Mix thoroughly.
9. Add sauce and chillies to your pan and place back on the heat. Simmer on medium heat for 15minutes until the cream has thickened. You can always add more if needed.
10. Serve with fresh bread.

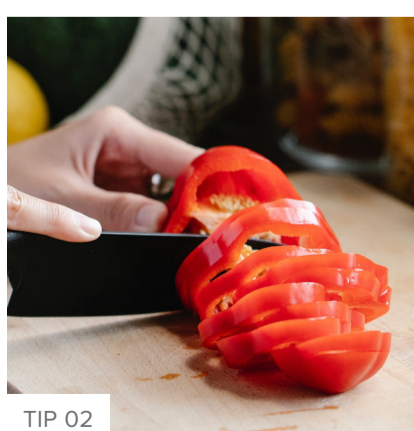


MEGAMASTER RECIPE TIPS



TIP 01

Lightly butter your bread on both sides before you braai them to make them extra crispy and golden brown.



TIP 02

Not a fan of the heat? Leave the chillies and add sliced red pepper.



TIP 03

Swap out the cream for coconut cream for a healthier alternative.