



PRAWNS IN GARLIC SAUCE

Category: Popular

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Prawns in Garlic Sauce

Prawns in garlic sauce is a simple yet indulgent dish that highlights the natural sweetness of prawns, enhanced by the rich and aromatic flavors of garlic, butter, and a touch of heat. This dish is quick to prepare, making it perfect for weeknight dinners, elegant dinner parties, or special occasions.

The combination of succulent prawns and a flavorful, buttery garlic sauce is a match made in heaven, and it can be served on its own or paired with pasta, rice, or a fresh salad for a complete meal.

With just a few key ingredients, you can make this dish in no time, creating a stunning seafood dish that's sure to impress. Let's dive into the recipe for this delectable prawns in garlic sauce!

Ingredients

1 pound large prawns, peeled and deveined

2 tablespoons olive oil

4 cloves garlic, minced

1/4 teaspoon red pepper flakes (optional)

1/2 cup dry white wine (or chicken broth)

1/4 cup unsalted butter

1 tablespoon fresh lemon juice

2 tablespoons fresh parsley, chopped

Salt and freshly ground black pepper, to taste

Lemon wedges, for serving

Crusty bread (optional, for dipping)

How to Make Prawns in Garlic Sauce

Prepare the Prawns:

Start by peeling and deveining the prawns if they're not already prepared. You can leave the tails on for presentation, or remove them if you prefer a more convenient bite. Pat the prawns dry with paper towels to ensure they sear well in the pan.

Heat the Olive Oil:

In a large skillet, heat the olive oil over medium-high heat. Once the oil is hot, add the prawns to the skillet in a single layer. Season with a pinch of salt and freshly ground black pepper. Cook the prawns for 2-3 minutes on one side until they turn pink and opaque, then flip them over and cook for an additional 1-2 minutes on the other side. Be careful not to overcook the prawns, as they can become tough and rubbery. Once cooked, remove the prawns from the skillet and set them aside.

Sauté the Garlic:

In the same skillet, lower the heat to medium and add the minced garlic. Sauté the garlic for about 1 minute until fragrant, being careful not to let it burn. If you like a bit of heat, add the red pepper flakes at this stage and cook them briefly with the garlic.

Deglaze the Pan:

Add the dry white wine (or chicken broth) to the skillet, stirring to scrape up any flavorful browned bits from the bottom of the pan. Let the wine simmer for 2-3 minutes to reduce slightly and concentrate the flavor.

Make the Garlic Sauce:

Once the wine has reduced, add the butter to the skillet and stir until it has melted, creating a silky and rich sauce. Add the fresh

lemon juice to brighten the flavor and continue stirring until the sauce is smooth.

Return the Prawns to the Skillet:

Add the cooked prawns back into the skillet and toss them gently in the garlic sauce, making sure they are well-coated. Let them cook in the sauce for another 1-2 minutes to absorb the flavors.

Garnish and Serve:

Once the prawns are coated in the garlic sauce and heated through, sprinkle the fresh parsley over the dish for a pop of color and freshness. Serve immediately with lemon wedges on the side for extra citrusy zing. This dish is perfect on its own or served with crusty bread to soak up the delicious garlic butter sauce, pasta, or steamed rice.

Chef's Note

Wine Substitution: If you don't have dry white wine on hand, chicken broth works perfectly as a substitute. The wine adds a depth of flavor, but the chicken broth still creates a rich, savory sauce.

Spicy Option: Adjust the level of heat by increasing or decreasing the red pepper flakes, or use fresh chopped chili peppers for an added kick.

Butter: For an even richer flavor, consider using ghee or clarified butter in place of regular unsalted butter.

Serving Ideas: Prawns in garlic sauce pairs beautifully with a fresh green salad, roasted vegetables, or over a bed of pasta. You can also serve it with rice for a complete, satisfying meal.

Storage: If you have leftovers, store them in an airtight container in the refrigerator for up to 2 days. Reheat gently on the stovetop to avoid overcooking the prawns.

Nutrition Information (Per Serving, 1/4 of Recipe)

Calories: 270

Protein: 28g

Carbohydrates: 4g

Fat: 16g

Fiber: 1g

Sodium: 420mg

Cholesterol: 185mg

Conclusion

Prawns in garlic sauce is a dish that beautifully balances rich, savory, and citrusy flavors with tender, perfectly cooked prawns.

The simple yet bold ingredients come together to create a satisfying meal that's quick to prepare and perfect for any occasion. Whether you're serving it as a main course with pasta or as a flavorful appetizer, this dish is sure to be a hit at your dinner table. Enjoy it with a side of crusty bread to dip into the luscious garlic sauce, and savor every bite of this mouthwatering seafood treat!