

# Garlic Butter Shell on Prawns

## Ingredients:

700 grams large shell-on prawns  
80 grams unsalted butter  
4 cloves garlic, minced  
15 grams fresh parsley, chopped  
5 grams lemon zest  
30 grams lemon juice  
Salt and pepper to taste  
Red pepper flakes (optional, for some heat)  
15 grams olive oil  
Lemon wedges for garnish  
Instructions:

## Prepare the Prawns:

Rinse the prawns under cold water and pat them dry with paper towels.  
With a pair of kitchen shears, cut along the back of each prawn to devein and remove the digestive tract. Leave the shells on for added flavor.

## Season the Prawns:

In a bowl, toss the prawns with olive oil, salt, and pepper.

## Cook the Prawns:

Heat a large skillet over medium-high heat.  
Add the prawns to the skillet and cook for 2-3 minutes on each side, or until they turn pink and opaque.  
Remove the prawns from the skillet and set them aside.

## Prepare the Garlic Butter Sauce:

In the same skillet, melt the butter over medium heat.  
Add minced garlic and sauté for 1-2 minutes until fragrant.  
Stir in lemon zest, lemon juice, and chopped parsley.  
Add red pepper flakes if you like a bit of heat.

## Combine and Serve:

Return the cooked prawns to the skillet and toss them in the garlic butter sauce until well coated.  
Cook for an additional 1-2 minutes, ensuring the prawns are heated through.

## Serve:

Transfer the prawns to a serving platter, pour the remaining garlic butter sauce over them.  
Garnish with additional chopped parsley and lemon wedges.

## Enjoy:

Serve these delicious garlic butter shell-on prawns with your favorite side dishes like rice, pasta, or crusty bread.  
This should provide a generous portion for your Valentine's Day meal. Enjoy!

