

SESAME PRAWN CUTLETS WITH HONEY SOY SAUCE

Prawns

12 medium green king prawns, peeled
1 1/3 cups panko breadcrumbs
2 tbsp sesame seeds
Plain flour for coating prawns
3 eggs, lightly whisked
sea salt
vegetable oil for frying

Honey Soy Sauce

2/3 cup chicken stock
1/2 cup honey
2 tsp soy sauce
1 tsp ginger
1 red chilli – finely chopped
1 tsp cornflour mixed with 1 tsp water

Combine stock, honey, soy, ginger and chilli and bring to boil.
Add the cornflour mix and stir 2 to 3 mins until slightly thickened.

Keeping the tails intact, cut a slit along the back of each prawn (don't cut all the way through) and gently open them to sit flat (butterfly).

Combine panko crumbs and sesame seeds in a bowl, and season to taste with salt.

Coat each prawn with flour, dip into the egg and then the panko mix, pressing firmly to coat.

Over medium heat, fry the prawns in batches until just cooked through and golden (1 to 2 mins).
Drain on a paper towel.

Serve with honey soy sauce on the side.