

Mylor Prawns Couscousella

Food always tastes better when cooked outdoors. So if you have a paella pan on hand, and a portable stove to carry, then this is a great recipe to cook outdoors.

Mylor prawns are a hidden Cornish seafood secret, that are a joy to catch, cook and savour.

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, diced (about 1 1/2 cups)
- 4 medium cloves garlic, minced (about 4 teaspoons)
- 5 sprigs fresh coriander leaves
- Couple of good squeezes of tomato puree
- Sea salt and freshly ground black pepper
- 2 cups couscous
- 250g Mylor prawns
- 50g Samphire

Method

Heat the olive oil in a large saucepan over medium heat until shimmering. Add the onion and cook, stirring often, until softened and just starting to brown, four to five minutes. Add the garlic and coriander and cook, stirring constantly, until fragrant, about 30 seconds. Add the tomato puree and cook, uncovered, for 15 minutes. Season to taste with salt and pepper.

Add live Mylor prawns to the pan, and cook on high heat for 2 minutes. Add couscous and coat well with the seafood mix. Add two liters of water bring to a rapid boil, then reduce to a simmer, cover, and cook, stirring occasionally, until couscous is softened, about 10 minutes.

Add the samphire and stir to combine. Cook for another 5 minutes until all the liquid is absorbed. Divide the prawns and couscous amongst four serving bowls and enjoy with good squeeze of lemon juice.