

Grilled Harissa Prawns with Orange & Pomegranate Salad

Ingredients

Harissa Prawns

- 24 king prawns
- 1/2 tsp coriander,
- 1tsp caraway
- 2tsp cumin Seeds
- 2-3 fresh hot red chillies
- 2 cloves garlic
- 1 bunch of mint
- 1 bunch of coriander
- Sea salt flakes
- Olive oil

Orange Salad

- 4 oranges, normal & blood oranges if possible 2 of each
- 1 red onion
- Bunch of watercress
- 2 pomegranates
- 1tbs orange juice store bought or the juice of half an orange
- 2tsp orange blossom water
- 2tbs slivered pistachios
- 60ml olive oil

Method

1. First make the Harissa paste - take a frying pan and place it on a medium heat and toast the coriander, caraway and cumin seeds until they are fragrant. Put the seeds into a pestle and mortar and pound until ground. Put the spice mix into a food processor along with the chillies, garlic, mint, coriander (roots and all) and sea salt flakes with a little olive oil. Whiz until a paste is formed.
2. De-shell and devein the prawns leaving the heads and tails on.
3. Thread the prawns lengthways on a bamboo skewer, coat in Harissa paste and leave to marinate in the fridge before grilling.
4. For the salad, peel the oranges, removing all the pith and then fillet the orange segments into wedges.
5. Thinly slice the red onion, roughly chop the pistachios, rinse off the watercress and put these to one side.
6. Mix the oil, orange juice and blossom water together, taste and season with salt and pepper as required.

7. Take the prawns out of the fridge and cook the prawns under a grill or on a frying pan.
8. While the prawns are cooking place the orange wedges, watercress and red onion and toss together in a bowl. Take a handful of salad and place at one end of a rectangle plate. Place three prawn skewers on the opposite side to the salad. Drizzle the dressing over the salad, and finish with a sprinkling of pistachios and pomegranate seeds.