

February 2023, Jamaica Day

King Prawn and Mango Skewers on Coconut Rice

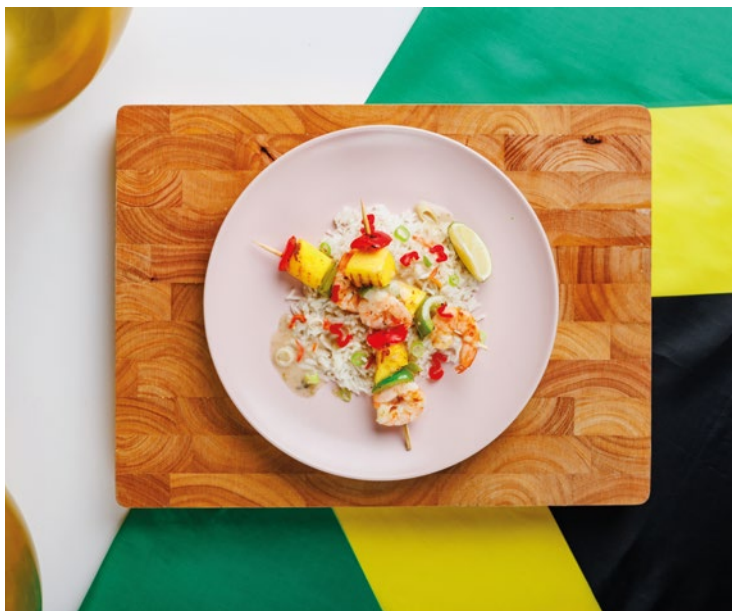
Jamaica Day is a wonderful national holiday in my country. It's a chance for everyone to celebrate what makes us unique, including our culture and heritage. Residents of Jamaica will often dress in our national colours of green, gold and black and traditional Jamaican dishes and native foods are eaten together as we celebrate with family and friends. This is a simple meal to enjoy together and brings a taste of Jamaica to everyone.

Usain Bolt

Serves **4**
Prep time: **30 minutes**
Cook time: **20 minutes**

Ingredients

- 400g tin coconut milk (Stir entire contents together to form a smooth paste)
- 1 Scotch bonnet (optional) (Halve, de-seed and slice – If you don't like too much heat, you can leave these out as Scotch bonnets are very hot!)
- 1 lime (Zest and cut into wedges)
- 2 spring onions/Jamaican escallions (Trim and finely slice)
- 1-2 tbsp Jamaican jerk seasoning paste
- 200g raw peeled jumbo king prawns (approximately 24), defrosted if frozen
- 300g long grain rice
- ½ tsp salt
- 1 fresh mango (Slice either side of the stone to remove the 'cheeks'. Cut the remaining flesh away from the stone. Peel and dice into 2cm cubes)
- 1 small red pepper (Remove the core and seeds and cut into 2cm pieces)
- 1 small green pepper (Remove the core and seeds and cut into 2cm pieces)
- 2 tsp cornflour



King Prawn and Mango Skewers on Coconut Rice

You will need bamboo or metal skewers. (If using bamboo skewers, soak them in water so that they don't burn whilst cooking the kebabs.)



1 In a medium bowl, stir together half of the **coconut milk**, half of the **chilli**, all of the **lime zest**, half of the **spring onions** and add the **Jamaican jerk paste** according to taste. Add the **prawns**, cover and set aside to marinate.



2 Pour the remaining **coconut milk** into a medium saucepan with a tight-fitting lid, fill the empty tin with water (400ml in total) and add this to the saucepan, rinsing out the tin at the same time. Stir in the **rice** and $\frac{1}{2}$ tsp salt. Bring to the boil, cover tightly and simmer on a medium heat for 10 minutes. Remove the pan from the heat and set aside for another 10 mins to allow the rice to finish cooking in its own steam. Leave covered until ready to serve.



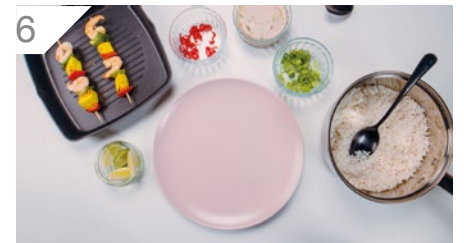
3 Drain the **prawns**, and pour the marinade into a small saucepan. Set aside, this will be cooked later to make a sauce. Thread the **prawns**, **mango** and **peppers** alternately onto the soaked skewers. Wash your hands after handling raw fish.



4 Heat a griddle pan or large frying pan. Cook the skewers on a medium-high heat for 5–8 mins, turning frequently, or until the **prawns** are fully pink and cooked through and the **mango** and **peppers** are slightly charred. Cook in batches if necessary, or cook under a preheated grill or even on the BBQ.



5 Mix the **cornflour** with a tablespoon of water and stir into the **reserved marinade**. Put the saucepan onto a medium-high heat and bring to the boil, stirring. Simmer for 2–3 mins until thickened, and ensure that it is piping hot before serving. Taste, season and squeeze in some **lime juice** if it needs it.



6 Serve the **prawns** with the **rice** and drizzle over the **sauce**. Sprinkle over the remaining **chilli** (if you dare!) and **spring onions**. Serve the remaining **lime wedges** alongside and enjoy a taste of Caribbean sunshine.

Chef Usain's Winning Tips

The prawns can be left to marinate overnight in the fridge for even more flavour.

Frozen diced mango is a good substitute for fresh; defrost and thread onto the skewers



EPSON®