

SEARED PRAWNS WITH BLACK PUDDING AND DRESSED SALAD LEAVES

Ingredients

20 prawns, shelled and deveined

4 slices good quality black pudding

25ml Donegal Rapeseed Oil

Knob Butter

Brown the black pudding on pan or grill and keep warm

In warm large frying pan melt the butter and the Donegal Rapeseed Oil.

Sauté prawns on both sides for 2-3 minutes.

Please see recipe on a previous page for the Standard French Dressing.

Arrange the black pudding on the plate and place 5 prawns around the pudding. Serve with salad leaves dressed in the salad dressing. Make sure the dress them immediately prior to serving to keep them at their freshest!