



bbq prawns with panzanella salad

The good oil – by guest contributor Christopher Hiller, Food by Christopher Hiller.

This is the perfect time of the year to enjoy a BBQ with abundant summer salads - and a good salad needs high quality olive oil. 3drops extra virgin olive oil delivers wonderful fruitiness, with a perfectly balanced peppery bitterness on the back of the palate, making it an ideal ingredient in one of my favourite dishes - BBQ prawns with panzanella salad.

Salad

2 roasted red peppers – skinned and sliced into long thin strips
1 eggplant – sliced, brushed in 3drops extra virgin olive oil then chargrilled
2 cups button mushrooms – sauteed in frypan with 3drops extra virgin olive oil & rosemary
1 punnet cherry tomatoes – halved
3 cups whole basil leaves
½ red onion sliced thin
1 zucchini sliced lengthways into strips – brushed with 3drops extra virgin olive oil & panfried until golden
1 cup jumbo green olives – crushed
roasted garlic croutons (see instructions below)

To assemble salad: Simply combine all ingredients in a large bowl and toss gently.

Croutons

1 loaf of day old ciabatta – crust removed then break by hand into pieces the size of 10c coin
50ml 3drops extra virgin olive oil
6 cloves crushed garlic
¼ cup chopped parsley

Toss together in a baking tray and bake for 10-15 minutes at 180°C or until golden and crunchy. Place on a paper towel to cool.

Prawns

12 peeled jumbo green Carnarvon tiger prawns tail on – butterflied (split in half but still joined)
40ml 3drops extra virgin olive oil
zest of 1 lemon
1 tablespoon chopped capers
1 hand full chopped italian flatleaf parsley
cracked black pepper
pinch of sea salt

Gently toss all ingredients together, then cover and refrigerate for 30 minutes.

Preheat the bbq. Char grill prawns for two minutes on one side, then one minute on the other side. Remove and place on top of the salad.

Serving Suggestion

Add the croutons to the salad just before serving, so that they are crunchy, then toss the salad lightly before serving on a large platter or individual plates. Top the salad with an arrangement of the prawns, Dress with a balsamic glaze and finish with a generous drizzle of 3drops extra virgin olive oil. Serve immediately.

This dish looks great served on an oversized white platter and is ideal to share with a table full of friends over a long, lazy lunch.

Enjoy!

Christopher Hiller