

# Prawns in Mushroom Sauce

Simple and quick, but tasty, prawns.

This is an **English**<sup>1</sup> dish. Created from "what do we have in the freezer that Granny would like?"

The Fairtrade content is mainly in the sauce.

## Ingredients

to taste **FAIRTRADE** freshly ground  
black pepper

400 g fresh or frozen prawns

plenty of mushroom sauce<sup>2</sup>

## Method

### Preparation

Prepare the **mushroom sauce**<sup>3</sup> in the usual way.

De-frost frozen prawns by covering them in hot water for 5 minutes.

### Cooking

Drain the prawns and add them to the mushroom sauce.

Warm through and adjust seasoning.

Serve.

### Serve

Use either as a main dish with a spicy rice and maybe some sauted peppers, or as a side dish in an Asian meal.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/mushroom\\_sauce.htm](http://www.fairtradecookbook.org.uk/recipes/mushroom_sauce.htm)

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/mushroom\\_sauce.htm](http://www.fairtradecookbook.org.uk/recipes/mushroom_sauce.htm)