



Prawn Taco

serves 4

Boost the vegetable component of this taco recipe and add avocado, purple cabbage or tomato. Why not try making your own tortillas or even a cauliflower-based wrap.



Ingredients

- 300g peeled prawns
- 1 cup plain whole-wheat flour
- 2 eggs, lightly beaten
- 1 cup panko breadcrumbs
- 1 red onion, finely diced
- 1 red capsicum, finely diced
- 1 green capsicum, finely diced
- 300g pineapple, finely diced
- ½ cup coriander, chopped
- ½ cup coconut, shredded

12x small tortillas
2 cups rocket
Lime, cut into wedges

Method

- ① Lightly dust prawns in plain flour then dip into egg mix and coat with panko breadcrumbs. Shallow fry in coconut oil or bake in oven.
- ② Finely dice red onion, capsicums and pineapple. Add chopped coriander and shredded coconut and mix together.
- ③ Lay tortillas out and place rocket down the centre. Add two tablespoons of salsa mix on top of rocket. Place three prawns on top. Garnish with coriander and wedge of lime.

Pier01 Restaurant & Café

Located at the Ulverstone Wharf on the banks of the Leven River, Pier01 is a restaurant and bar offering views over the Dial Range and Leven River all the way out to sea. Whether you're looking for an intimate dinner for two, formal dining for up to 300 guests, or a casual drink with friends, Pier01 has a variety of options to suit.

The menu showcases Tasmania's finest seasonal produce and offers a vast selection of modern Australian-inspired dishes. There's a traditional 2 or 3 course menu plus a collection of dishes intended for sharing, ideal for those who wish to explore different flavours and try a bit of everything on the table.



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