

## **Prawns sautéed in Tequila Lime Vinegar**

Show: Jan 30th

---

Makes one 9-inch tart, serving 8 to 10

**Ingredients :** Serves 2-4

2 Tbls Grape seed or Canola Oil  
1 Shallot, minced  
1 lb Prawns, shelled and de-veined  
1/4 cup Tequila Lime Vinegar

**Procedure:**

Heat 2 Tbls oil in a sauté pan; place the prawns in and sauté for 2-3 minutes on each side. Add about one-quarter cup tequila lime vinegar and deglaze the pan, about another 1 - 1 1/2 minutes. Remove from heat and serve.

[« Back to List of Recipes](#)