

# Sharp Steamwave and Microwave Recipe

## Bean Salad with Honey Prawns

### INGREDIENTS

20 green prawns, peeled, deveined  
leaving tails intact  
2 tsp olive oil  
1 tsp soy sauce  
2 garlic cloves, crushed  
1 orange rind  
Juice of 1 orange  
2 shallots, finely chopped  
4 tbs honey  
150g green beans, cut into 4cm pieces  
150g flat beans, cut into 4cm pieces  
Olive oil spray, to grease

### INSTRUCTIONS

- Combine prawns, oil, soy sauce, garlic, orange rind, shallots and half of the honey. Cover and refrigerate for 30 minutes in the marinade.
- Place beans on the steam tray and onto glass tray provided. Place the trays into the oven in the Lower position. Fill up the water tank and set the oven to STEAM HIGH > 20 MINUTES > START. After cooking has completed, cool the oven and wipe the cavity. Set the beans aside. (See settings for MWO below \*1).
- Thread the prawns onto pre-soaked skewers. Place 5 prawns on each skewer. Place on the grilling rack and glass tray. Place into the Upper position. Set the oven to GRILL > 10 MINUTES > START. Turn over the prawns halfway through cooking. Remove the prawns from the skewers. (see setting for MWO below \*2).
- Melt the remaining honey and orange juice in a small microwave safe dish for 30-40 seconds on 100%. Pour the melted honey and orange juice over the prawns and beans.
- Serve as a side dish.

### SHARP 1200W MWO INSTRUCTIONS

- \*1 - Place the green beans and flat beans in a large microwave safe bowl. Cover with plastic wrap and microwave for 4-5 minutes on 100%. Set aside.
- \*2 - Place the prawns and marinade in a microwave safe bowl. Microwave for 1 minute on 100%, then microwave for 4 minutes on 50%. Toss the prawns halfway through cooking.

