

Creamy polenta with prawns

Total time **40 mins** 10 mins preparation time **30 mins** cooking time

INGREDIENTS

4 portion(s)

For the prawns:

- 400 g** raw large prawns, shelled and deveined
- 1 tbsp** Kikkoman Naturally Brewed Soy Sauce hot sauce, to taste
- 1** clove garlic, finely chopped
- 2** spring onions, finely sliced (reserve the green parts)
- 1 tbsp** ketchup

For the creamy polenta:

- 75 ml** milk
- 250 ml** chicken stock
- 40 g** polenta
- 10 g** butter
- 10 g** mascarpone
- 10 g** mature cheddar, grated
- 60 g** sweetcorn kernels
- White pepper

For the rich chicken gravy:

- 250 ml** good-quality chicken stock
- 1** star anise
- 1 tsp** Kikkoman Naturally Brewed Soy Sauce
- 1 tbsp** double cream

Garnish:

- 1** Nigella seeds
- 1** fresh lime

PREPARATION

Step 1

For the prawns, combine all the ingredients and marinate for 4 hours in the refrigerator with the green spring onion in another bowl.

Step 2

To make the polenta, bring the milk and stock to a boil, then tip in the polenta, stirring constantly. Cook for 5 minutes, until the mixture thickens and becomes quite smooth. Add the butter and cheeses and cook for another 10 minutes, until the polenta is soft and not too gritty; if it gets too thick, add a little hot water. Add the sweetcorn and cook for 5 more minutes. The mixture should be quite loose and should have a pourable consistency. Add more milk as needed to achieve the right consistency. Season with pepper to taste and keep warm.

Step 3

For the gravy, bring the stock to the boil with the star anise. Reduce to about 80ml (it should be very thick) then stir in the soy sauce and cream.

Step 4

To serve, fry the prawns for 3-4 minutes, until just cooked. Squeeze on fresh lime juice as they finish cooking. Divide the polenta between bowls, top with the prawns and drizzle over a spoonful of gravy. Sprinkle with a pinch of nigella seeds and the green spring onion.