



Vannamei LARGE PRAWNS

Tender • Juicy • Flavorful •

curated by



OCEANBAY
FOODS LLP

Tandoori Prawns

Smoky Restaurant-Style Starter

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- ½ cup hung curd
- 1 tbsp ginger garlic paste
- 1 tsp Kashmiri chilli powder
- ½ tsp turmeric powder
- 1 tsp tandoori masala
- 1 tbsp lemon juice
- 1 tbsp oil
- Salt to taste

INSTRUCTIONS

- Clean and devein prawns while keeping tails intact.
- Mix hung curd, ginger garlic paste, spices, lemon juice, and salt.
- Marinate prawns for 20–30 minutes.
- Arrange on skewers or baking tray.
- Grill or bake at high heat for 12–15 minutes, turning once midway.
- Brush lightly with butter before serving.

Prep Time
25 mins

Cooking Time
20 mins

Kcal.(approx.)
320kcal
(per serving)



Chilli Garlic Prawns

Indo-Asian Spicy Toss

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- 6 garlic cloves, finely chopped
- 2 green chillies, sliced
- 1 onion, cubed
- 1 capsicum, cubed
- 2 tbsp soy sauce
- 1 tbsp chilli sauce
- 1 tsp pepper powder
- 2 tbsp oil
- Spring onions
- Salt to taste

INSTRUCTIONS

- Heat oil in a wok on high flame.
- Sauté garlic and green chillies until aromatic.
- Add onions and capsicum and stir-fry briefly.
- Add prawns and cook for 4–5 minutes.
- Stir in soy sauce, chilli sauce, salt, and pepper.
- Toss everything together until glossy and well coated.
- Garnish with spring onions and serve hot.



Prep Time

15 mins



Cooking Time

15 mins

Kcal.(approx.)

350kcal
(per serving)



Butter Garlic Prawns

Rich Garlic Butter Toss

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- 4 tbsp butter
- 8 garlic cloves, minced
- Crushed black pepper
- Lemon juice
- Parsley or coriander
- Salt to taste

INSTRUCTIONS

- Heat butter in a skillet over medium flame.
- Add garlic and sauté until aromatic.
- Add prawns and cook for 3-4 minutes per side.
- Season with pepper, salt, and lemon juice.
- Toss until coated in glossy garlic butter sauce.
- Garnish and serve immediately.



Prep Time
15 mins



Cooking Time
15 mins



Kcal.(approx.)
340kcal
(per serving)



Grilled Lemon Herb Prawns

Light Coastal Grill

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Garlic paste
- Mixed herbs
- Pepper powder
- Salt to taste

INSTRUCTIONS

- Marinate prawns with olive oil, herbs, garlic, lemon juice, salt, and pepper.
- Rest for 15 minutes.
- Grill on high heat for 5–6 minutes on each side.
- Baste lightly with butter while grilling.
- Serve hot with grilled vegetables.



Prep Time

15 mins



Cooking Time

12 mins

Kcal.(approx.)

280kcal
(per serving)



Prawn Thermidor

Creamy Baked Seafood Delight

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- Butter
- Garlic
- Fresh cream
- Mustard
- Cheese
- Black pepper
- Breadcrumbs
- Salt

INSTRUCTIONS

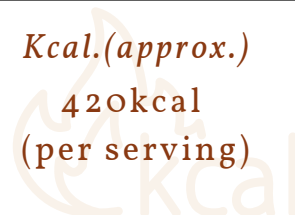
- Sauté garlic in butter until fragrant.
- Add prawns and cook lightly.
- Stir in cream, mustard, pepper, and cheese.
- Transfer to a baking dish and top with breadcrumbs.
- Bake until golden and bubbling.
- Serve hot with toasted bread.



Prep Time
25 mins



Cooking Time
20 mins



Kcal.(approx.)
420kcal
(per serving)

Creamy Garlic Prawn Pasta

Continental Seafood Classic

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- Pasta of choice
- 1 tbsp butter
- Garlic cloves
- Fresh cream
- Black pepper
- Parmesan cheese
- Olive oil
- Salt

INSTRUCTIONS

- Cook pasta until al dente and reserve some pasta water.
- Heat butter and olive oil in a pan.
- Sauté garlic and add prawns.
- Cook prawns until pink and juicy.
- Add cream, pepper, and parmesan cheese.
- Toss cooked pasta into the sauce.
- Adjust consistency using reserved pasta water.

Prep Time
20 mins

Cooking Time
20 mins

Kcal.(approx.)
520kcal
(per serving)

A top-down photograph of a dish of Coconut Chilli Prawns. The prawns are golden-brown and coated in a thick, crispy coconut batter. They are arranged on a green banana leaf, which is placed on a white woven placemat. Next to the prawns is a small, white, scalloped-edge bowl containing a thick, white, sweet-spicy coastal glaze with small red chili flakes. A bundle of dried banana leaves is visible in the bottom right corner.

Coconut Chilli Prawns

Sweet-Spicy Coastal
Glaze

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- Coconut milk
- Red chilli flakes
- Garlic
- Curry leaves
- Butter
- Pepper powder
- Salt

INSTRUCTIONS

- Heat butter and sauté garlic and curry leaves.
- Add prawns and cook on medium flame.
- Pour in coconut milk and chilli flakes.
- Simmer until the sauce thickens slightly.
- Toss until prawns are fully coated and glossy.
- Serve hot with rice or bread.



Prep Time
15 mins



Cooking Time
18 mins



Kcal.(approx.)
330kcal
(per serving)



Herb Crusted Prawns

Crispy Pan-Seared Seafood Delight

INGREDIENTS

- 250g OceanBay Large Vannamei Prawns
- 1 cup breadcrumbs
- 1 tbsp mixed herbs
- 2 garlic cloves, minced
- 2 tbsp parmesan cheese
- 1 egg, beaten
- 2 tbsp flour
- Pepper powder
- Salt to taste
- Butter or oil for shallow frying

INSTRUCTIONS

- Season prawns with salt and pepper.
- Coat lightly in flour, dip in beaten egg, and roll in breadcrumb mixture combined with herbs, garlic, and parmesan.
- Heat butter or oil in a pan over medium heat.
- Shallow fry prawns for 2–3 minutes on each side until golden and crisp.
- Remove and drain excess oil.
- Serve hot with lemon wedges and creamy dip.



Prep Time

20 mins



Cooking Time

15 mins

Kcal.(approx.)

390kcal
(per serving)

FRESHNESS YOU CAN TASTE. QUALITY YOU CAN TRUST

OceanBay Foods delivers premium seafood crafted for freshness, quality, and exceptional taste. Responsibly sourced and expertly processed, our farm-raised Vannamei prawns are naturally tender, flavorful, and perfect for both everyday meals and gourmet creations.

**From coast to kitchen, we bring you
seafood you can trust.**



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