



PRAWN & MANGO SALAD

WITH CHILLI & LIME DRESSING

INGREDIENTS

- 400g green (raw) peeled prawns
- 2 mangos, flesh removed, cut into cubes
- 2 avocados, seed removed & sliced
- 3 limes
- 4 cloves of garlic, finely chopped
- 1 bunch of coriander leaves, washed
- 1/2 red onion, thinly sliced
- 2 long red chillies, finely chopped & seeds removed
- 100g rocket or mixed salad leaves
- 1/2 bunch of chives, finely chopped
- 1 small jar of marinated goats cheese
- 1 tbsp sugar
- Olive oil
- Salt and pepper

EQUIPMENT LIST

- Stove top
- Large frying pan
- Large chopping board
- Large knife
- Mixing bowls
- Measuring spoons (1 tbsp)
- Serving platter
- Wooden spoon
- Tongs



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METHOD

1. To marinate the prawns, place them into a bowl. Add garlic, 1 chopped chilli and the juice of 1 lime. Add a good pinch of salt & pepper. Stir to combine and set aside while preparing the other ingredients or for 15 minutes
2. For the Chilli & Lime dressing, in a bowl add the juice of 2 limes, sugar, the other chopped chilli, 2 tbsp of olive oil and a pinch of salt & pepper. Stir to combine.
3. To cook the prawns, in a large frying pan, heat a tbsp of olive oil over medium-high heat. Add the prawns and cook for 2-3 minutes on both sides until prawns are cooked. Remove prawns to a clean bowl.
4. To assemble salad on a serving dish place the salad leaves, top with the mango, avocado, red onion, goats cheese, and cooked prawns. Garnish with chives and coriander drizzle the dressing over the salad. Serve.

Thank you to Tim Bone for showing us how to prepare this delectable summer salad!