

Mango, Avocado and Chilli Prawn Salad

Serves: 6

Prep time: 30 minutes

Cook time: 5 minutes



1½ serves per portion

Ingredients

500g raw prawns, peeled and deveined

2 teaspoons lemon zest

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil

1 mango, peeled and diced

1 avocado, diced

1 red or green capsicum, diced

3 Lebanese cucumbers, diced

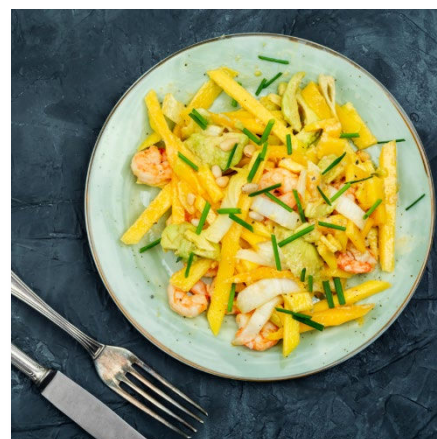
½ red onion, thinly sliced

1 long red chilli, deseeded and finely chopped

1 tablespoon fresh mint leaves, finely chopped

1 tablespoon fresh coriander leaves, finely chopped

1 tablespoon chives, finely chopped



Everyday Food

Method

BRING half a medium saucepan of water to the boil. Add prawns and poach for 2 minutes until opaque and just cooked. Remove from pan and dry on paper towel. Chop into small pieces and transfer to a medium bowl.

ADD lemon zest, lemon juice, and olive oil to prawns. Set aside.

COMBINE mango, avocado, capsicum, cucumber, onion, chilli and herbs in a medium bowl. Add prawn mixture and stir gently to combine.

GARNISH with extra herbs and serve immediately.

Recipe courtesy of the Country Kitchens team