Spicy Prawn Salad



Ingredients & Prep

400 g Raw king prawns thawed

1 Red chilli large mild finely chopped

2 Garlic clove grated

1/2 tsp Black pepper freshly ground

2 tbsp Groundnut or rapeseed oil for frying

Salad

250 g Watercress

1 Romaine or iceberg lettuce small head chopped

200 g Cucumber de-seeded & sliced

Dressing

125 g Mayonnaise

50 g Tomato ketchup

2 tbsp Sriracha sauce

2 tbsp Lime juice

1 tsp Lemon juice

g Salt

Garnish

1 Lemon quartered

sprinkle Fresh parsley or coriander chopped

Suggestion & Tips

You can use squid or other shellfish or chicken.

Recipe By Foodle Book

Ref: 346

Heading: Salads

Cuisine: British & Irish Food Type: Seafood No of Portions: 4

Method

Step 1 - Make the dressing by whisking together in a bowl.

Step 2 - Place all the salad ingredients in a serving bowl.

Step 3 - Heat a frying pan or wok on a med heat, add oil, garlic chilli, pepper & the prawns, fry for 2 min per side or until cooked.

Step 4 - Add dressing to the salad & mix, scatter over warm prawns garnish & serve.