

Prawn & Avocado Salad



Ingredients & Prep

400 g Raw Prawns
2 Avocado sliced
400 g Lettuce of choice
16 Cherry tomatoes cut in half
1/2 Cucumber chopped
2 tbsp Olive oil for frying

Dressing

1 Lemon juiced
4 tbsp Olive oil
1 tbsp Cider vinegar
1 tsp Dijon mustard
1 tsp Runny honey
1/2 tsp Freshly ground black pepper
1/4 tsp Salt

Suggestion & Tips

Very nice with crusty granary bread.

Recipe By Jaxters

Ref: 944

Heading: Salads

Cuisine: British & Irish

Food Type: Seafood

No of Portions: 4

Method

Step 1 - Fry the prawns in olive oil with a pinch of salt & pepper over a med heat in a frying pan, stirring all the time until cooked, then tip into a bowl & set aside.

Step 2 - Place the lettuce, avocado, tomato & cucumber in a bowl.

Step 3 - Make the dressing by either putting all the dressing ingredients into a clean jam jar & shaking it, or whisking together in a bowl.

Step 4 - Dress the salad with as much dressing to your liking, plate the salad then scatter the prawns over the salad.