

Recipe name:

Prawn Salad

Recipe description:

Try this easy, tasty & healthy prawn salad topped with a homemade salad dressing. Makes for an appetising starter or side dish. Serve with crusty bread.

Prep time:

30 mins

Cook time:

20 mins

Serves:

8

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch / Side

Occasion:

Quick & Easy / BBQ

Ingredients:

PRAWN COCKTAIL DRESSING:

- ½ cup good quality mayonnaise
- 50 g PEPPADEW® Sweet Piquanté Peppers Mild Chopped
- Juice of 1 lemon
- 1 clove of garlic
- 1 Tbsp Worcestershire sauce
- Salt & pepper

FOR THE SALAD:

- 8 large prawns, head on & cleaned
- 200 g cooked prawns
- 6 baby gem lettuce, washed and halved
- Micro greens or salad greens
- 6 spring onions, sliced
- 100 g PEPPADEW® Sweet Piquanté Peppers Mild Chopped
- Lemon wedges to serve

Method:

- Pop the PEPPADEW® Sweet Piquanté Peppers into jug of hand blender, add mayo, lemon juice, garlic, Worcestershire sauce, pinch of salt & black pepper, and whizz to make pink mayo.
- 2. For the Salad, heat a griddle pan until very hot or over a BBQ, grill baby gem halves until just wilted. Remove and set aside.
- 3. Next, butterfly the prawns and grill until pink. Remove and set aside.
- 4. Mix the cooked prawns with half of the dressing.
- 5. To assemble, arrange the grilled lettuce on a platter, and spoon over the prawn mayo. Spoon the remaining sauce into a bowl. Arrange the grilled prawns on the platter.
- 6. Garnish with spring onion and lemon wedges, and sprinkle over the micro herbs & PEPPADEW® Sweet Piquanté Peppers. Finish with a grinding of black pepper & sprinkling of sea salt.

SERVING SUGGESTIONS:

Serve with crusty bread