

CRUNCH TIME

Prawn Salad



Serve information: 1 plate with 4 Prawn Salad muffins

INGREDIENTS:

4 Cooked tiger prawns
1 Mango
1 Avocado
1/2 Lime
1 Sprig coriander
1 Sprig mint
2 Tsp honey
2 Tsp olive oil
Salt
Pepper
25g Baby spinach leaves
2 English muffins, cut in half, toasted

EQUIPMENT:

Chopping board
Sharp knife
2 x mixing bowls
Several spoons
Lemon juicer
Whisk
Tongs
Long rectangle serving plate

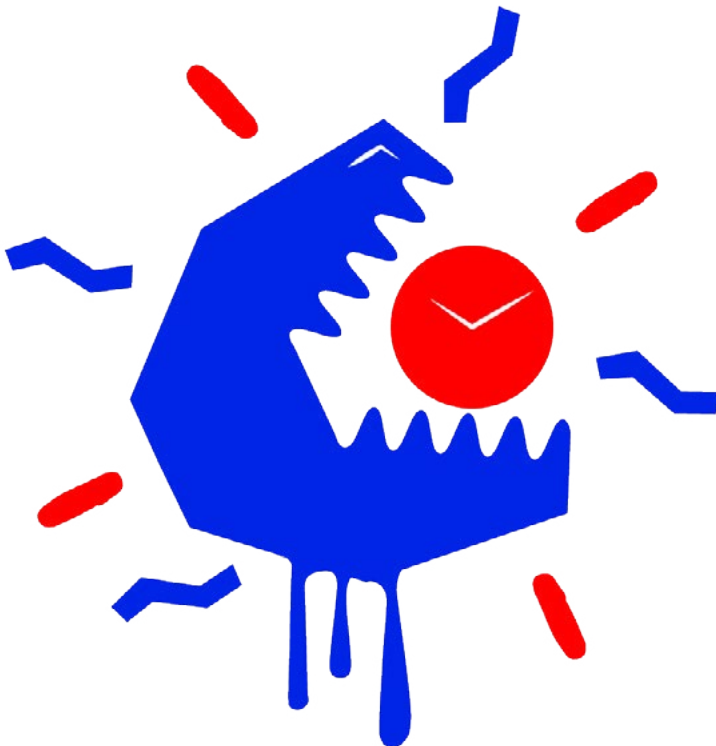


METHOD:

1. Peel and devein prawns
2. Chop prawns and place in bowl
3. Cut open mango, remove seed and chop mango flesh into 2cm cubes. Place in bowl with prawns
4. Cut open avocado, remove seed, scoop out avocado flesh and cut into 2cm cubes. Place in bowl with prawns
5. Juice the lime
6. Pick coriander and mint leaves
7. Chop the coriander and mint leaves
8. Combine the lime juice, chopped herbs, honey and oil. Season with salt and pepper and whisk to combine
9. Pour dressing over prawns, mango and avocado and toss to combine
10. Place the spinach leaves on the 4 muffin halves and top with the prawn salad

ADDITIONAL NOTES:

Cut English muffins in half and toast



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