

Capital Recipe

Join Our Chef on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Prawn & Mango Salad

Serves 2 as a main course but easily multiplied to feed more

Ingredients

Salad

300-400g cooked prawns (or a large cooked chicken breast will work if you don't like seafood)
1 large ripe mango, or two small ones
2 ripe avocados
12-14 cherry tomatoes, halved
2 local cucumbers (small) peeled and chopped
4 spring onions, chopped (also called salad onions)
Bag of mixed salad leaves
fresh coriander (or use parsley if you are a coriander hater!)
A handful of lightly steamed fine green beans is a nice addition.

Dressing

3 tbsp preferred oil (olive or vegetable)
2 tbsp sweet chilli sauce
1-2 tbsp fresh lime juice
1 tbsp soy sauce

Method

Put all dressing ingredients in a jar and shake well to combine. Taste and adjust to your personal preference.

Wash and dry salad leaves

Peel and dice mango.

Peel and chop cucumber

Halve cherry tomatoes

Chop spring onions

Peel and slice mango

On two plates arrange all salad ingredients, pour over dressing and lightly mix. Add prawns, and garnish with plenty of coriander.

Cooked chicken is a fine substitute. If you don't eat either it would also work with cashew nuts.
Use raw ones and stir fry them to lightly brown just before using.