



Prawn Summer Salad

Makes 1

Ingredients

- 3 – 4 medium – large prawns
- 100gm spinach
- ¼ medium mango
- 6 cherry tomatoes
- 100 – 150gm spinach
- 30gm macadamias
- ½ large cucumber
- Extra virgin olive oil (for dressing)
- Juice of half a lemon

Steps

1. In a frypan cook the prawns for 2 – 3 minutes per side or until slightly brown
2. Cut up the mango into squares, slice each of the tomatoes in half, the cucumber into little slices and the macadamias in half.
3. On a plate place the spinach, tomatoes, mango, hazelnuts, cucumber and prawns on top.
4. Squeeze the lemon juice on top and drizzle some Extra virgin olive oil over as dressing.

