



Product Spotlight: Shallot

Quick-pickling is one of the easiest ways to transform a humble shallot; a few minutes in vinegar, salt and sugar mellows the bite and adds a bright, tangy crunch that cuts through creamy dishes like this one.



Grilled Prawn Caesar-Ish Salad

Crisp gem lettuce and smoky prawns put a fresh spin on a classic Caesar. Paired with charred corn, creamy avocado, quick-pickled shallot and sourdough croutons; it's Caesar, but bigger and brighter!



30 minutes



Seafood



2 servings

Jazz it up!

Crumble over some crispy bacon or a handful of shaved parmesan for an extra hit of classic Caesar flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	25g	57g

FROM YOUR BOX

SHALLOT	1
SOURDOUGH ROLLS	2-pack
CORN COB	1
PRAWNS	1 packet
POTATO SALAD DRESSING	1 sachet
GEM LETTUCE	3-pack
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers (optional), white vinegar, sugar of choice, smoked paprika

KEY UTENSILS

frypan, oven tray

NOTES

Toss roasted croutons with shaved or grated parmesan for extra flavour!

The frypan is hot enough when you can see a slight 'shimmer' across the surface of the oil.

Gem lettuce leaves can be quite sandy. Submerge the leaves in a bowl of cold water to remove any excess sand before rinsing and drying in a salad spinner.

No gluten option – rolls are replaced with GF focaccia. Place focaccia on oven rack and toast for 10 minutes until crunchy on the outside and warmed through on the inside.



1. PICKLE THE SHALLOT

Set oven to 200°C.

In a non-metallic bowl, whisk together **1/4 cup vinegar**, **2 tbsp water**, **1/2 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Set aside to pickle.



2. MAKE THE CROUTONS

Tear **sourdough rolls** into large, rustic chunks and place on a lined oven tray. Drizzle with **2 tbsp oil** and season with **salt**. Bake for 10–12 minutes, tossing halfway, until golden and crunchy (see notes).



3. CHAR THE CORN

Remove **corn kernels** from cob. Heat a frypan over medium-high heat with **oil**. Cook for 4–6 minutes, or until charred and tender. Remove to a bowl and reserve pan.



4. GRILL THE PRAWNS

Rinse and pat **prawns** dry. Toss with **oil**, **1/2 tsp smoked paprika**, **salt** and **pepper**. Thread onto **skewers** (if using). Reheat frypan over high heat (see notes). Cook **prawns** in batches for 2 minutes each side, or until charred and cooked through. Remove from pan.



5. PREPARE THE SALAD

Add **salad dressing** to a large bowl with **1 tsp vinegar**, whisk to combine. Separate and rinse **lettuce leaves** (see notes). Add to bowl along with **croutons** and **corn kernels**. Toss until well dressed. Slice **avocado**, set aside.



6. FINISH AND SERVE

Drain **pickled shallots**.

Divide **salad** among bowls. Top with **avocado**, **pickled shallots** and **prawn skewers**.

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