



### Product Spotlight: Mango

Mangoes were first grown in India more than 5,000 years ago. Paisley, the pattern that was first designed there, is based on the shape of a mango.



## Summer BBQ Prawn Salad

The perfect summer BBQ meal! Grilled prawns served on top of a tropical mango salad with bean thread noodles, drizzled with a sweet chilli lime dressing.



25 minutes



2 servings



Seafood

## Add some extras!

*Add fresh mint or coriander, toasted coconut or nuts to this salad! Any leftovers are great rolled up in rice paper sheets to make fresh spring rolls.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	9g	80g

## FROM YOUR BOX

BEAN THREAD NOODLES	100g
LIME	1
PRAWNS	200g
MESCLUN LEAVES	60g
MANGO	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil, ground coriander, sweet chilli sauce, soy sauce or tamari

## KEY UTENSILS

frypan or BBQ, saucepan

## NOTES

You can use smoked paprika, ground cumin or a cajun spice mix to flavour the prawns instead of ground coriander if preferred!



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 2–3 minutes or until tender. Drain and rinse in cold water.



### 2. PREPARE THE DRESSING

Combine **lime** zest and juice with **1/2 tbsp soy sauce**, **3 tbsp sweet chilli sauce**, **1 tbsp sesame oil** and **1 tbsp water**. Set aside.



### 3. TOSS THE NOODLES

Toss 1/2 the prepared dressing with cooked noodles until coated. Set aside.



### 4. COOK THE PRAWNS

Rinse and pat **prawns** dry. Coat with **2 tsp coriander**, **oil**, **salt** and **pepper** (see notes). Cook on BBQ or frypan over medium-high heat for 3–5 minutes turning until cooked through.



### 5. PREPARE THE SALAD

Arrange **mesclun leaves** and cooked noodles on a serving plate. Slice **mango** and **capsicum**. Ribbon **cucumber** using a vegetable peeler, arrange all on top.



### 6. FINISH AND SERVE

Place prawns on top of salad and spoon over remaining dressing to serve.



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