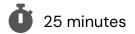






Summer BBQ Prawn Salad

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.







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.

TOTAL FAT CARBOHYDRATES

74g

FROM YOUR BOX

BEAN THREAD NOODLES	200g
LIME	1
PRAWNS	200g
MESCLUN LEAVES	120
MANGOES	2
AVOCADO	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 tbsp soy sauce, 4 tbsp sweet chilli sauce, 2 tbsp sesame oil and 2 tbsp water. Set aside.



3. TOSS THE NOODLES

Toss <u>1/2</u> 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 mangoes, avocado 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



