



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



4 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
	14g	14g	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 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 **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.



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