



Avocado Spot Prawn Salad

Ingredients for salad

- 1 Green apple,
- green onion
(top green part only)
- 1 avocado,
- 15 cherry tomatoes
- 8 mint leaves
- 8 basil leaves
- 1 lime, olive oil
- salt & pepper to taste

*Great for a light
and refreshing
Summer Meal*

Prep Time: 30 min.

Cook Time: 5 min.

Servings: 2

Preparation of Shrimp: Boil water with 2 pinches of salt, add 1 lb. of shelled shrimp, cook for 30 seconds to 1 minute. Place prawns in ice bath to chill. Place prawns on salad once cold.

Preparation of Salad: Thinly slice apple in wedges, cut cherry tomatoes in half, cube avocado. Lay apple, avocado, and tomatoes as a base layer for the salad. Place basil, green onion, and mint leaves on top of salad. Squeeze 1/2 a lime on top of these ingredients. Drizzle olive oil & season with salt and pepper to taste. Top with Shelled Spot prawns.

Preparation - How to Thaw Shrimp & Prawns: Defrost prawns in the refrigerator for a few hours before cooking. If needed within 1 hour, add prawns to a bowl of cold water in your sink. Remember when thawing the prawns, do not remove the prawns from the bag or use warm water. After thawing, lightly rinse the prawns.

The above recipe can be made with the shell on or off the prawns. Some people like to keep the shells on when cooking due to the enhanced flavor they add.



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