

Avocado Spot Prawn Salad - light, refreshing, healthy & delicious

Great Alaska Seafood

Signature Seafood Recipe



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Prep Time: 30 minutes Cooking time: 5 minutes Servings: 2

Ingredients:

1 Green apple	8 mint leaves
Green onions (green tops only)	8 basil leaves
1 Avacado	1 Lime
15 cherry tomatoes	Olive Oil
	Salt & pepper to taste

Preparation of Prawns

See special instructions card – **How to Thaw Shrimp and Prawns**

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

This 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.

Directions for salad:

Thinly slice apple into 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.

How to Thaw Shrimp & Prawns - Removing Spot Prawn Shells

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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. Spot Prawns taste best when they are cooked fast - between 30 seconds and 1 minute. Keep an eye on the time and watch for them to turn pink; when they change color from reddish-brown they are cooked. The prawns take less time to cook if the shell had been removed.

Removing the shell from a Spot Prawn

It is common for Large Spot Prawns to have Roe attached to them. Roe are considered a delicacy.

If removing the shell before cooking, remove the prawns while still partially frozen; it makes it easier to take the shell off due to the delicacy of the prawns.

To remove the legs and shell of the prawn, hold the prawn in one hand and press your thumb against one side of the shell until it breaks. Gently remove the shell from the prawn, being careful as the shells can be sharp.

Remember, the shells can make a great rich broth for a salmon roast or fish head soup. The roe can also be added to the shells when making a broth.