Prawn Salad

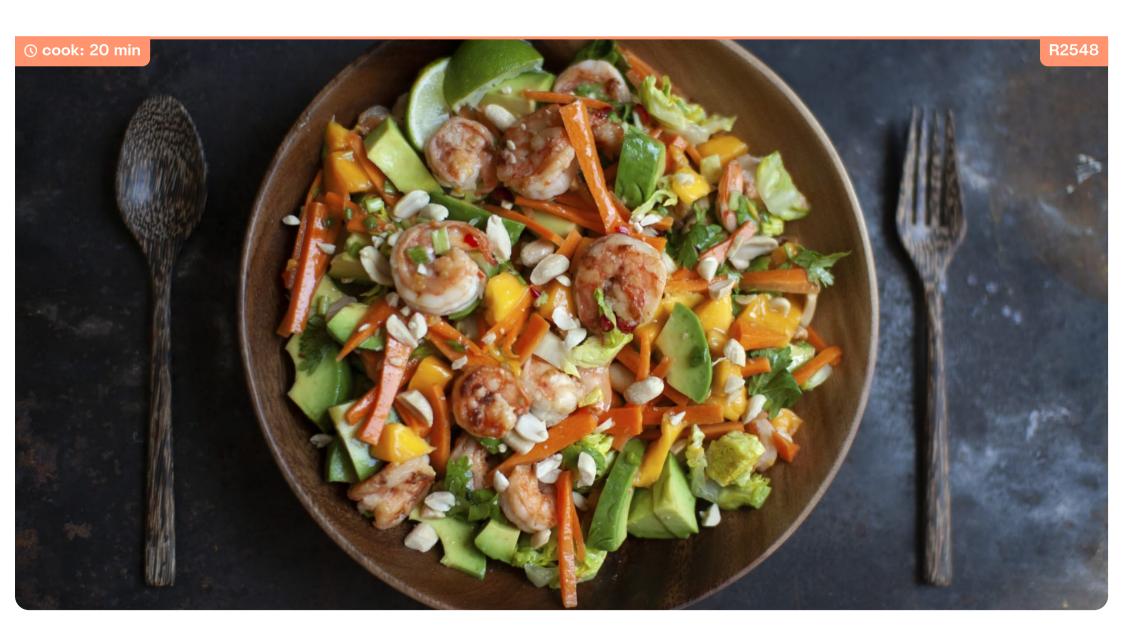
with Mango and Peanuts

Prawn and mango are a match made in heaven in this tropical summer salad.

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Cals 636 • Prot 36 • Carbs 64 • Fat 31

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

3				
Salad	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Avocado	1	2	2	Piece
Romaine lettuce	300	400	600	Grams
Mango	1	1	2	Piece
Carrot	1	1	2	Piece
Spring onion	40	60	80	Grams
Large red chilli	1	2	2	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Fresh coriander	15	15	15	Grams
Salted peanuts 1*	40	60	80	Grams
Dressing				
Lime	1	2	2	Piece
Fish sauce 6*, 10*	10	10	20	ML
Sweet chilli sauce	40	40	60	ML

Allergens

*7 Crustaceans, *1 Peanuts, *6 Fish, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2658 / 636
Fat (g)	31
of which saturates (g)	4.2
Carbohydrate (g)	64
of which sugars (g)	37.1
Fiber (g)	19.6
Protein (g)	36.1
Salt (g)	5.3

^{*}Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Halve, de-stone and chop the **avocado** into cubes. Shred the **romaine lettuce**. Peel and slice the **mango** into cubes. Peel and chop the **carrot** into matchsticks. Trim and finely slice the **spring onion**. Finely chop the **red chilli**.



2 Fry prawns

Heat a non-stick pan over a medium-high heat with a drizzle of oil. Once hot, add the prawns with a pinch of salt and cook for 2-3 min until pink and cooked through. Once cooked, remove the pan from the heat and set aside.



3 Make dressing

Juice the **lime** into a bowl or jar. Add the **fish sauce** and **sweet chilli sauce** and whisk or shake until fully combined - this is your **dressing**.



4 Prep garnishes

Roughly chop the **coriander** leaves and **peanuts**.



5 Assemble

In a serving bowl, gently tumble the carrot, lettuce, spring onion, red chilli (spicy!), avocado, prawns and mango with the dressing. Garnish with the coriander, peanuts and any remaining lime wedges.