

Prawn Salad

with Mango and Peanuts

hellóchef

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

Cals 636 • Prot 36 • Carbs 64 • Fat 31

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🕒 cook: 20 min

R2548

Before you start

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

Ingredients

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.