Retro Prawn Cocktail Salad

with Avocado

Calorie Smart

Quick & Easy

We've turned this classic 70s hors d'œuvre into a salad!

Cooking Time: 20 min | Dairy-Free
Cals 562 | Prot 30 | Carbs 30 | Fat 38

Tips For Fussy Eaters

Serve their prawns with the cocktail sauce on the side.

Pro Tip

Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana.

Ingredients	For 2	For 3	For 4	
Prawn cocktail				
Prawns	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Spring onion	40	60	80	Grams
Mayonnaise	50	75	100	Grams
Ketchup	39	39	78	Grams
Worcestershire sauce	15	22	30	ML
Smoked paprika powder	2	2	2	Grams
Lime	1	1	2	Piece
Cayenne powder	2	2	2	Grams
Salad				
Romaine lettuce	300	400	600	Grams
Cherry tomatoes	150	250	300	Grams
Avocado	1	2	2	Piece
Red radish	125	125	250	Grams

1 Fry prawns

Drain the **prawns** on kitchen paper. 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. Remove the pan from the heat and set aside.

2 Make sauce

Trim and finely chop the **spring onion**. In a large bowl, combine the **mayonnaise**, **ketchup**, **spring onion**, and **Worcestershire sauce** with a generous pinch of **smoked paprika**. Season with a squeeze of **lime** juice and a pinch of **salt**.

3 Assemble

Add the **prawns** to the **sauce** and toss. This is your **prawn cocktail**.

4 Salad

Separate the **romaine** leaves and chop them in half. Halve the **cherry tomatoes**. Quarter the **radishes**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and chop it into chunks.

5 Serve

Divide the **lettuce**, **tomatoes**, **radish** and **avocado** among plates and top with the **prawn cocktail**. Finish with a sprinkling of **cayenne** **(spicy!)**.

Share your dinner on #hellochef!
hellochef.com
hello@hellochef.com
04-383-93-99