



Thai Prawn and Mango Salad



DIFFICULTY: EASY



PREPARATION TIME: 20 TO 30 MINUTES



COOKING TIME: 6 MINUTES



SERVES: 4

Ingredients

- 1/3 cup honey
- 1/4 cup toasted sesame oil
- 1/4 cup soy sauce
- Juice of a large lemon
- 1/2 teaspoon chilli flakes
- 24 king prawn cutlets, deveined
- 1/2 wombok, thinly shredded
- 1 large mango, sliced
- 1 Lebanese cucumber halved, seeded then sliced diagonally
- 1 red capsicum, finely sliced
- 4 spring onions, cut into 5cm lengths then thinly sliced
- 1 cup mint leaves
- 1 cup coriander leaves
- 1/2 cup chopped roasted peanuts

Method

Preheat the grill 225°C

Combine the honey, oil, soy sauce, lemon and chilli and mix well then pour half over the prawns and marinate refrigerated for 30-60 minutes. Reserve the remaining half of the mixture for the salad.

Thread 3 of the marinated prawns onto each skewer to make 8 skewers. Brush with some extra marinade and discard the rest.

Cook the prawn skewers under the preheated grill for 4-6 minutes or until cooked through.

Gently toss in a bowl the wombok, mango, cucumber, capsicum, spring onions, mint and coriander with the reserved dressing mixture. Spoon the salad into serving bowls, top with prawn skewers and a sprinkle of peanuts. Serve immediately .

Notes

The prawn skewers may be char grilled or barbecued if you prefer.