Tony's Prawn & Mango Salad

Ingredients

Peeled Uncooked Prawns, 500g

2 Spudshed Mangoes, (sliced)

Fresh Lime Juice, 2 tbsp

Rice Wine Vinegar, ½ tbsp

Fish Sauce, 1 tsp

Brown Sugar, 1 tsp

Sriracha Hot Sauce, ½ tsp

Lime Zest, ½ tsp

1 Cucumber, (sliced)

1 Red Onion, (sliced)

Sesame Oil, 1 tbsp

Salt & Pepper

Cooking Oil/Spray

Fresh Basil, 1/3 cup (chopped)

Fresh Mint, 1/3 cup (chopped)

Method

Step 1

In a small bowl, combine the lime zest and juice, rice wine vinegar, fish sauce, brown sugar, and Sriracha.

Step 2

Using a knife or mandoline slicer, thinly slice the cucumber and red onion.

Thinly slice the mangoes.

Step 3

Add the sesame oil to the prawns in a mixing bowl, and season. Toss to coat evenly. Add the prawns to a frying pan on medium-high heat, frying on each side until golden (approximately 1-2 minutes on each side).

Step 4

Add all the prepared salad ingredients into a bowl, then add in the freshly chopped basil and mint. Pour over the dressing prepared earlier and mix the ingredients to coat evenly.

Step 4

Once the prawns are cooked, remove from the pan, and combine with the fresh mango salad. Serve immediately. *Buon appetito!*



Pic for illustration purposes only. Recipe may vary in appearance to pic.