



Prawn salad

Serves 4

If it's hot where you are tonight - and chances are it is - then try this simple prawn salad - no cooking required!

Ingredients (serves 4)

- 1/3 cup low-fat Caesar salad dressing
- 2 tablespoons mint leaves, finely chopped
- 2 tablespoons dill leaves, finely chopped
- 600g cooked medium king prawns, peeled (tails intact), deveined
- 2 sticks celery, thinly sliced
- 3 cups baby spinach leaves
- 1/2 cup semi-dried tomatoes, sliced
- 1/2 avocado, peeled, sliced
- 70g snow peas, trimmed, thinly sliced
- 1/2 small red onion, thinly sliced
- Lemon wedges, to serve

Method

1. Combine dressing and herbs in a bowl.
2. Combine prawns, celery, spinach, tomatoes, avocado, snow peas and onion in a large bowl. Toss gently to combine. Drizzle with dressing. Serve with lemon wedges.

Notes

Low FODMAP diet tip: Make this a Low FODMAP recipe by omitting onion and reduce amt of snow peas by half.

Source:

<http://www.taste.com.au/recipes/1420/prawn+salad>