

Prawn & Avocado Salad with a spiced tomato dressing

Serves: 4

Preparation time: 10 min

Cooking time: 4 min

Ingredients:

24 King prawn peeled, tails intact

Knorr Fish Cube

3 avocados, cut into cubes (Chef Tip ? Drizzle with lemon juice to prevent discolouring)

Torn salad leaves

Celery stalks with leaves, thinly sliced and leaves reserved

Extra-virgin olive oil, for drizzling

Rucola to serve

Spiced Tomato Dressing

200ml olive oil

250g cherry tomatoes

1 garlic clove, finely grated

2 tbsp red wine vinegar

$\frac{3}{4}$ tsp cayenne, to taste

1 lemon finely grated rind and juice

Splash of brandy

Method:

Starting with the spiced tomato dressing, over high heat, add 2 tbsp olive oil in a large pan. When pan is hot, add tomatoes and fry, occasionally tossing until scorched and softened. After a few minutes, add garlic, lemon rind and red wine vinegar. Remove pan from heat and transfer to a blender. Add the remaining olive oil, cayenne and brandy, blend until smooth. Season to taste and refrigerate in an airtight container until required.

Preheat a non-stick frying pan on high heat. In a bowl, add prawns with a dash of olive oil and a crumbled Knorr Fish Cube. Mix well with prawns.

On your preheated pan, fry the prawns until they are pink coloured (4 minutes). To finish, add a touch of spiced tomato dressing, lemon juice and chopped celery leaves. To serve, arrange prawns on a bed of avocado, rucola and celery salad on a serving platter. Drizzle with tomato spiced dressing, a touch of extra-virgin olive oil and season to taste.