

## ***Prawn and mango salad***

Preparation Time: 10 mins  
4 small serves, 2 large serves



### **Ingredients**

200 g cooked, peeled tiger prawns  
1 small avocado, peeled and cubed  
200 g cherry tomatoes, halved  
1 small red capsicum, finely sliced  
1 medium mango, peeled, and cubed  
60 g Persian fetta, crumbled  
30 g walnut halves, lightly toasted  
120 g mixed leaf salad  
1 lime, juiced

### **Directions**

Place mixed leaf salad on a medium platter. Add prawns, avocado, cherry tomatoes, capsicum, mango, fetta and walnuts. Dress with the juice of 1 freshly squeezed lime.

<b>Nutrition Information</b>		
	Per small serve	Per large serve
Energy (kJ)	880	1760
Fat (g)	10.5	21
- saturated (g)	2.2	4.4
Protein (g)	14	28
Carbohydrate (g)	15	30
Fibre (g)	3	6