



Green mango salad with grilled lemongrass prawns

Green mango salad with grilled lemongrass prawns - cook on the barbecue for the summer flavour or cook in the oven as normal. Either way this dish is delicious. Remember to make life easy by cooking extra for lunch or dinner tomorrow.



Ingredients

For the marinade:

- 1/4 tsp white pepper
- 1/4 tsp sea salt
- 1 stalk of lemongrass, roughly chopped (woody outer leaves discarded)
- 3cm piece of fresh ginger, peeled and roughly chopped
- 3 cloves of garlic, peeled
- 3 lime leaves, chopped
- 1 TBS groundnut or vegetable oil
- 16-20 raw tiger prawns, peeled with tail tips on

For the dressing:

- 1 clove of garlic, finely chopped
- 1 red chilli, seeded and finely chopped
- 1 TBS Thai fish sauce
- Juice of 2 limes

For the salad:

- 6 shallots, peeled and finely sliced
- 1 TBS vegetable oil
- 2 green mangoes, peeled, stoned and cut into strips
- 1 TBS lime juice
- 6 cherry tomatoes, cut into quarters
- 2 TBS dry roasted peanuts, crushed
- Handful of fresh coriander leaves, chopped

Serves 2 as main course

Serves 4 as starter

Method



1. In a food processor, blend the white pepper, salt, lemongrass, ginger, garlic, lime leaves and oil into a paste
2. Cover the prawns with it and leave to marinate for at least an hour
3. Pound together the garlic and chilli into a rough paste with a mortar and pestle
4. Add the fish sauce and lime juice, then season to taste
5. Fry half the shallots in the oil for about 5 minutes, until crisp, then drain on kitchen paper
6. Toss the mango in the lime juice, then mix with the raw shallots, tomatoes and dressing
7. Spoon onto plates and top with the peanuts, fried shallots and coriander
8. Heat a griddle pan until almost smoking and grill the prawns for 1-2 minutes on each side, until golden and slightly charred
9. Pile the mango salad onto a plate and top with 4-5 prawns

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