



CHARRED PRAWN AND AVOCADO SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 kilogramme large **peeled and deveined prawns**

5 tablespoons **olive oil**

Salt

Pepper

½ small **pineapple**, peeled, trimmed and sliced ½-inch thick

2 tablespoons **fresh lemon juice**

½ small **red onion**, thinly sliced

½ **cucumber**, sliced into half-moons

½ bunch **watercress**

1 **avocado**, quartered

INSTRUCTIONS

Toss the prawns with 2 tablespoons of the oil and ½ teaspoon each of salt and pepper.

Heat your grill to medium. Brush the pineapple with 1 tablespoon oil and grill with the prawns until slightly charred and the prawns are opaque throughout.

Meanwhile, in large bowl, whisk together lemon juice, remaining 2 tablespoons oil and ¼ teaspoon each salt and pepper. Toss with the onion.

Cut the grilled pineapple into smaller pieces before adding to a bowl with the onion, cucumber and shrimp and toss to combine.

Fold in watercress and avocado before serving.

MACROS PER PORTION

| | | | |
|----------|-----|---------|------|
| CALORIES | 420 | PROTEIN | 35 |
| CARBS | 20 | FATS | 23.5 |
| FIBRE | 4 | | |