

MEDITERRANEAN PRAWN SALAD

This dish combines fruit and salad vegetables to create an unusual but sensational twist for summer eating.

Serves 2

Per serving: 315 Calories, 5.4g fat

Prep time 20 mins

INGREDIENTS

For the sauce:

2 tbsps Heinz Salad Dressing

2 tbsps Tomato Ketchup

2 tbsp 0% fat Live yogurt

For the salad:

Selection of small salad leaves

200g large cooked shelled prawns

1 mango, peeled and chopped

10 cherry tomatoes, halved

2cm piece cucumber, chopped into small cubes

6 Spring onions, peeled and chopped finely

2 sticks celery, chopped

¼ red pepper, chopped

¼ yellow pepper, chopped

1 wedge of each melon from a selection of varieties according to availability, eg Watermelon, Honeydew, Cantaloupe, Galia, then chop into bite-size cubes.

10 strawberries, hulled and quartered

METHOD

1. Make up the sauce by mixing the salad dressing, ketchup and live yogurt together in a bowl.
2. For each person, place a few salad leaves at the base of a large bowl. Add a few halved cherry tomatoes, chopped cucumber, sliced onions, peppers and celery then add a layer of half the chopped mixed melon pieces, half the mango pieces and half the chopped strawberries. Then place a few prawns in the centre and drizzle over a quarter of the dressing.
3. Repeat the process with the remaining ingredients and finally with the prawns then drizzle the dressing on top.
4. Serve immediately.

