

Thai Style Prawns and Mango Salad



Serves 4-6

Cook time 10 mins

Prep time 20 mins

INGREDIENTS

Prawn marinade

400g tiger prawns
1 clove garlic minced
50ml vegetable oil

Thai dressing

1 chilli
2 cloves garlic minced
3 tbsp. fish sauce
2 limes juiced
1 tbsp. brown sugar

Mango salad

1 unripe mango
100g mangetout
1 carrot
1 pak choi
12 cherry tomatoes
½ cucumber
25g basil
25g corriander
200g vermicelli noodles
75g cashew nuts
25g sesame seeds

METHOD

Time to try and eat yourself healthy.

Marinate the prawns, place them in a bowl with the garlic and oil. Leave for a minimum of 2 hours.

Next boil the kettle but this is not to make a cup of tea and have a break, this is for the noodles.

Place the noodles in a bowl and pour enough boiling water over them to cover them completely.

Allow these to sit in the hot water for 5 minutes until the noodles are soft.

Strain off the hot water and run them under a cold tap to chill them.

Heat a wok or pan on a medium heat and toast the cashew nuts and sesame seeds for 2-3 minutes moving them around every 30 seconds until a little brown.

Remove the cashews and sesame seeds and set aside.

Return your wok to a high heat and a put in the marinated prawns. Cook for 4-5 mins, giving them a toss or a stir regularly until the prawns have turned a lovely pink colour and are cooked through.

While this is working. Split your cucumber down the middle and remove the seeds.

Half the pak choi lengthways.

Peel the mango and remove the flesh by cutting around the stone.

Peel the carrot and top and tail it.

Cut the cherry tomatoes into ¼.

Chop the basil and coriander thinly.

Now set up your food processor. Use a slicing blade first. One at a time put in the cucumber, pak choi, mango and mange tout. Then use the grater blade to grate the carrot finely.

(Now if you don't have a food processor you are going to have a little more hard work. Slice the cucumber, mange tout and pak choi as thinly as possible with a knife. Use a box grater to grate the carrot and mango.)

Now into a large mixing bowl create the salad put the cucumber, carrot, mango, pak choi, cherry tomatoes, cashew nuts, sesame seeds, coriander, basil and vermicelli noodles.

Now make the dressing for them into a jam jar put the minced garlic, chopped chilies, fish sauce, brown sugar and lime juice. Put the lid on the jar and give it a good shake to combine them.

Pour over the salad.

Give this all a good mix up with your hand or spoons.

Time to serve up place a nice pile of the salad in a serving bowl, making sure to get all the delicious bits in there.

Top with the cooked prawns.

Dig in to this vibrant salad from the land of fun and bold flavors.