

Salads

PRAWN AND AVOCADO SALAD WITH YELLOW PEPPER DRIZZLE



Serves 6 as a starter

Yellow pepper drizzle

1 yellow pepper, quartered and seeded
15 ml white wine vinegar
15 ml olive oil

Salad

18 large tiger prawns, cleaned
Salt and freshly ground black pepper
30 ml coriander pesto
3 ripe avocados, peeled and quartered
1 small cucumber, cut into ribbons
30 g fresh watercress

To prepare the drizzle, roast the yellow pepper in a hot oven until soft. Remove and set aside.

Place the yellow pepper, vinegar and olive oil in a food processor and process until smooth. Strain through a sieve, discard the pulp and keep the yellow liquid until needed.

Season and steam prawns 3-4 minutes until they are light pink and cooked. Remove the heads and shells, leaving the tail. Mix the pesto gently into the warm prawns and set aside.

Take 6 serving plates or 1 big platter. Place two avocado wedges onto each plate, season to taste. Top the avocado with the prawns and garnish with cucumber ribbons, watercress and yellow pepper drizzle.

Recipe by Vickie de Beer, food editor of Shape and Rooi Rose magazines
