

Salads

THAI AVOCADO, PRAWN AND POMELO SALAD



Serves 4 as a starter

Salad

- 1 packet wild rocket
- 60 ml fresh mint
- 60 ml fresh coriander
- 2 large avocados, peeled and sliced
- 1 large pomelo, peeled and segmented
- 200 g cooked prawn tails

Dressing

- 60 ml lime juice
- 30 ml fish sauce
- 15-30 ml honey
- 30 ml sweet chilli sauce
- 1 red chilli, deeded and chopped
- Salt and a good grinding of pink peppercorns

Combine the rocket, mint and coriander and divide between four small serving plates. Arrange the avocados, pomelo segments and prawns over the leaves.

Combine all the dressing ingredients and mix well. Taste and adjust seasoning to achieve a sweet and sour to slightly hot and salty taste.

Drizzle over the salad, season with salt and pepper and serve immediately.

Recipe BY Jenny Kay, food editor of The Star's, Angela Day