

Starters

PRAWN AND AVOCADO COCKTAIL



Sauce

- 1 Medium organic egg yolk
- 1 Teaspoon Dijon mustard
- 150 ml Groundnut oil
- 1 Tablespoon tomato ketchup
- A couple of good shakes of Tabasco

Salad

- 2 Summer Avocado
- 120 g cooked and peeled tiger prawns
- A generous squeeze of lemon juice
- Sea salt, freshly ground black pepper
- 1 Spring onion, trimmed and thinly sliced diagonally
- 1 Tablespoon coarsely chopped flat-leaf parsley

To prepare the sauce whisk the egg yolk with the mustard in a bowl, then gradually whisk in the oil, a few drops at a time, to begin with until the mayonnaise takes. Reserving half the mayonnaise for another use, stir the tomato ketchup into the other half, then season with a shake or two of Tabasco, to give a noticeable nip of chili. This can be made well in advance, in which case cover and chill it, and remove from the fridge 30 minutes before serving.

To serve the salad, quarter the avocados and remove from the stone. Peel the skin off each quarter and slice in half lengthwise. Place the avocado in a bowl with the prawns, squeeze over a little lemon juice, season and gently toss. Arrange the salad on plates, scant over a tablespoon of the sauce, then scatter over the spring onion and parsley and serve.
