

GRILLED PRAWN AVOCADO & LIME SALAD

INGREDIENTS

For the prawns

450g peeled + deveined prawns
vegetable oil
1/2 tsp salt
1 tsp paprika
1 tsp crushed garlic
Juice of 1 lime
1 tsp brown sugar

For the salad

1 jalapeño
1/2 pineapple, peeled + cut into 1cm planks
2 tbsp lime juice
1 tsp lime zest
1 tbsp red wine vinegar
1 tbsp honey
2 garlic cloves, minced
1/4 cup olive oil
100g baby rocket
120g cherry tomatoes, halved
1 avocado, peeled + cubed
2 small radishes, shaved thin
1/4 cup basil leaves, torn

INSTRUCTIONS

Step 1: Place all the ingredients for the prawns into a bowl and mix to combine. Now add the prawns and toss well to coat. Cover and marinate in the refrigerator for 30 minutes. Transfer the bowl to room temperature and let sit for 10 minutes before grilling.

Step 2: Meanwhile, heat the grill over high heat. Coat the jalapeño and pineapple slices with a drizzle of oil and a pinch of salt. Grill both for a few minutes until charred on all sides and tender. Remove from the grill. Peel the jalapeño and remove the stem. Chop it finely. Dice the pineapple, removing any hard core sections.

Step 3: In a large mixing bowl, whisk together the lime juice, lime zest, red wine vinegar, honey, and garlic. Drizzle in the olive oil, whisking continuously. Stir in the jalapeño. Season with a pinch of salt to taste. Set aside.

Step 4: When the prawns are ready, place them onto the grill and cook for a couple of minutes on each side until charred and pink. Allow to cool for a few minutes before assembling the salad.

Step 5: Add the rocket, cherry tomatoes, avocado, radish, basil, pineapple, and prawns to the bowl of vinaigrette. Toss well. Taste and season with more salt if needed. Serve immediately.

THE COOKERY

by The Secret Jozi Chef