



ASIAN PRAWN AND GRAPEFRUIT SALAD

Prep 30 min – Serves 4 – A little effort

2 grapefruits
2 tbsp desiccated coconut
2 tbsp olive oil
1 garlic clove
1 red chilli, finely chopped
400g raw prawns, peeled
2 lemongrass stalks
2 shallots
1 handful basil
1 handful tarragon

For the dressing:

30ml lime juice
2 tsp sesame oil
2 tbsp dark brown sugar
1 tbsp + 1 tsp Thai fish sauce
1 tbsp rice vinegar
2 tsp fresh ginger, grated

Peel the grapefruits, separate all the segments and carefully peel the skin and the membrane off, trying not to break the flesh. This is slightly tricky, so don't get too frustrated if they break. Divide between four plates.

Heat a frying pan, add the desiccated coconut and toast until it turns golden and fragrant. Put into a little bowl and set aside.

Now heat the olive oil the same frying pan, crush the garlic and fry with the chilli for a minute. Add the prawns and fry for a few minutes until the prawns are done. Set aside.

Cut the bottom off the lemongrass stalks, remove the outer layer and cut into very fine slices. Peel the shallots and finely slice.

Arrange the warm prawns on the plates, sprinkle some lemongrass and shallots slices over each portion, followed by a few basil and tarragon leaves.

Prepare the dressing by mixing all the ingredients until the sugar has dissolved. Drizzle a few spoonfuls over each salad and sprinkle with toasted coconut.

TIPS:

- If you're not a fan of coconut, replace the coconut with roasted peanuts
- You can make the recipe with cooked prawns, simply toss them in the hot pan to cover well with the garlic and continue with the recipe.

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