



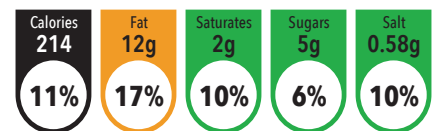
CLEMENTINE MARINATED PRAWN COCKTAIL

 **Prep:** 15 minutes plus marinating

 **Cook:** 10 minutes

 **Serves:** 4 as a starter

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 3 clementines, 2 zested, 3 juiced
- 1 clove garlic, crushed
- ¼ tsp **LoSalt**
- 200g raw king prawns, patted dry
- 1 tbsp reduced fat mayonnaise
- 3 tbsp fat free natural yogurt
- 1 tbsp olive oil
- 200g Cos lettuce, shredded
- 1 ripe avocado, sliced
- 4 slices thick wholemeal bread, toasted

METHOD:

1. Mix the zest of 1 clementine and juice of 2 with the garlic, half the **LoSalt** and a little black pepper, stir in the prawns and marinate for at least 30 minutes.
2. Mix together the mayonnaise, yogurt, remaining clementine zest and juice and remaining **LoSalt**.
3. Heat the oil in a frying pan and add the prawns and juice and fry on a high heat for 2 minutes until pink.
4. Divide the lettuce between 4 bowls, top with the avocado, prawns and the juices and spoon over the sauce. Using a 9cm star cutter, cut 4 stars from the toast to serve.