

Mexican Prawn Avocado Salad

Serves 4 / gluten free

Ingredients

- 500g peeled raw prawns
- 1 tbsp ground cumin
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp flaky salt
- 1 tsp dried oregano
- 1 tbsp olive oil
- 3 tbsps cup olive oil
- 3 tablespoons lime juice
- 2 tsps Tabasco sauce
- 2 garlic cloves, minced
- 1 tsp flaky salt
- ½ tsp ground cumin
- Pinch of black pepper
- ½ cup, canned and drained black beans
- 1 red onion, sliced
- 1 sweetcorn, grilled and kernels removed into a bowl
- 10 cherry tomatoes, halved
- 2 avocados, sliced
- 1 jalapeno chilli, deseeded and sliced
- ½ cup fresh coriander, chopped
- ¼ cup grated parmesan cheese
- Charred lime – to serve

Method

1. Mix prawns, cumin, paprika, garlic powder, salt and oregano in a bowl. Heat oil in a large cast iron frying pan on high. Add prawns and cook for a few minutes, tossing constantly until they are opaque, pink and cooked through. Remove from heat and allow to cool to room temperature.
2. Prepare the dressing by mixing olive oil, lime juice, Tabasco sauce, garlic, salt and pepper in a lidded glass jar and shaking well.
3. Add prawns to a shallow serving bowl. Add black beans, onion, sweetcorn kernels, tomatoes and dressing to the bowl, reserving a quarter of the dressing to garnish. Toss and mix well.
4. Top with sliced avocado, jalapeno, coriander and parmesan. Drizzle the remaining dressing and serve immediately with charred lime.