

## Prawns with lime, mango and chilli salsa

Serves 4 as a starter / 2 as a main

**16 prawns, with shell on**  
**olive oil, for frying**

**1/2 lime**

*Salsa*

**1 mango, peeled and stone removed**

**2 ripe, firm tomatoes**

**1tbsp sweet chilli sauce**

**handful of fresh coriander, chopped**

**1/2 lime, juice and zest**

**2 spring onions, finely sliced**

**lime wedges, to garnish**

- 1 Heat a little olive oil in a frying pan.
- 2 Add the prawns and fry over a medium heat for 2–3 minutes until pink and cooked through. Add a squeeze of lime juice during cooking.
- 3 To make the salsa, slice the mango and tomato into small cubes.
- 4 Mix with sweet chilli sauce, coriander and spring onion. Add the lime juice and mix well.
- 5 Arrange prawns on plates with a spoonful of salsa. Garnish with lime wedges and serve.

Fat	8g	Carbs	4g	Energy	267kcal
Protein	15g	Sodium	.3g	Fibre	1g

