



Chipotle Prawn Cocktail & Avocado Salad with Crunchy Baby Gem Lettuce

Lunch 15-20 Minutes • **Medium Spice** • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Avocado



Baby Gem Lettuce



Lemon



Mayonnaise



Chipotle Paste



King Prawns

Pantry Items
Salt, Pepper, Tomato Ketchup, Olive Oil, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, bowl and frying pan.

Ingredients

Ingredients	Quantity
Avocado	1
Baby Gem Lettuce**	2
Lemon**	1
Mayonnaise 8 9	32g
Chipotle Paste	20g
King Prawns** 5	150g

Pantry	Quantity
Tomato Ketchup*	1 tbsp
Olive Oil*	2 tbsp
Sugar*	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 341g	Per 100g 100g
Energy (kJ/kcal)	1523/364	447/107
Fat (g)	28.8	8.5
Sat. Fat (g)	4.9	1.5
Carbohydrate (g)	13.8	4.1
Sugars (g)	7.5	2.2
Protein (g)	15.4	4.5
Salt (g)	1.83	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **8**) Egg **9**) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



2



3



Get Prepped

- Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh in one piece, then cut into chunks. Season with **salt** and **pepper**.
- Trim the **baby gem**, halve lengthways, then thinly slice.
- Zest the whole **lemon**, then juice one **half** and cut the other **half** into wedges.
- In a small bowl, combine the **mayonnaise**, **lemon juice** and **half** of the **chipotle paste** (add less if you'd prefer things milder) with the **tomato ketchup**, **olive oil** and **sugar** (see pantry for all three amounts). Mix well until combined.

Pep up your Prawns

- Drain the **prawns**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.
- Once cooked, stir through the **lemon zest** and the remaining **chipotle paste**, then cook for 1 min more. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Lunch is Served

- When you're ready to serve, add the **baby gem lettuce** to a mixing bowl with the **chipotle mayo dressing**. Stir until the **lettuce** is fully coated.
- Divide the **lettuce** between 2 serving bowls, then top with the **chopped avocado** and the **chipotle prawns**.
- Serve with **lemon wedges** alongside for squeezing over.

Enjoy!