



# Sambal King Prawn Cocktail & Avocado Salad with Iceberg Lettuce

12A

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



Avocado



Iceberg Lettuce



Lemon



Mayonnaise



Sambal Paste



King Prawns

#### Pantry Items

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

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Fine grater, bowl and frying pan.

## Ingredients

Ingredients	Quantity
Avocado	1
Iceberg Lettuce**	2
Lemon**	1
Mayonnaise <b>8</b> <b>9</b>	32g
Sambal Paste	30g
King Prawns** <b>5</b>	150g

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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>346g</b>	<b>100g</b>
Energy (kJ/kcal)	1515 / 362	438 / 105
Fat (g)	29.2	8.4
Sat. Fat (g)	5.0	1.4
Carbohydrate (g)	15.1	4.4
Sugars (g)	8.6	2.5
Protein (g)	12.4	3.6
Salt (g)	2.00	0.58

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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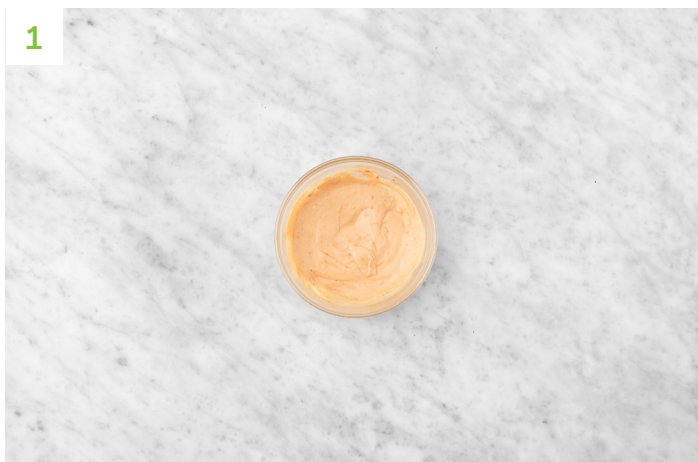
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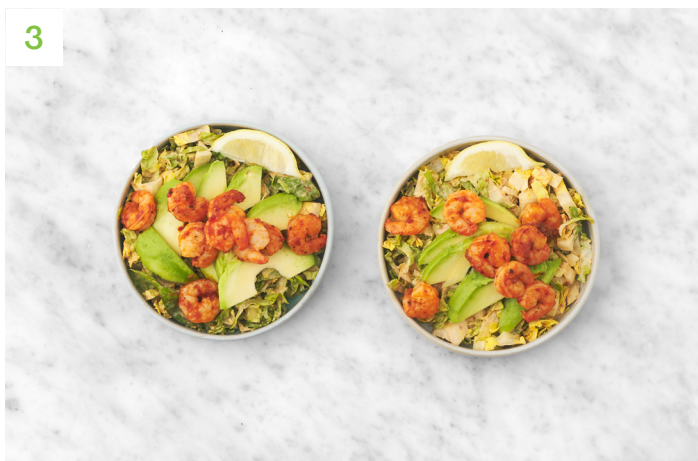
1



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 ½cm slice. Season with **salt** and **pepper**.
- Halve the iceberg lettuce and 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** the **sambal 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 **sambal 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 **lettuce** to a mixing bowl with the **sambal mayo dressing**. Stir until the **lettuce** is fully coated.
- Divide the **lettuce** between 2 serving bowls, then top with the **sliced avocado** and the **sambal prawns**.
- Serve with **lemon wedges** alongside for squeezing over.

Enjoy!