

# SalaRico with prawns, avocado and mango



## Ingredients for 4 people

- 1 SalaRico salad
- 1 ripe mango
- 2 ripe avocados
- 2 spring onions
- 1/2 bunch coriander
- 1 red chilli pepper (or alternatively a red chilli pepper)
- 3 tbs white wine vinegar
- 2 tbs honey
- Salt
- Pepper
- 300 g prawns
- A little olive oil for frying
- 2 cloves of garlic

Peel and dice the mango and avocado. Remove the seeds from the chilli pepper. Cut the spring onions and chilli into thin rings.

Wash the SalaRico, cut into quarters and slice into strips and serve with the mango and avocado on a platter or bowl.

Mix the vinegar, honey, chilli and spring onions into a dressing and season with a little salt.

Gently heat the oil in a frying pan (there should be no smoke!) and flavour with the garlic. Fry the prawns, season with salt and pepper and sprinkle over the salad.

Drizzle the dressing over the salad and decorate with coriander leaves.

Bon appétit!