

January 2012 Recipe of the Month

Prawn & Mango Salad

+ **DIY ideas** Try using aioli instead of mayonnaise. + You can add Asian salad mix for extra vegetables.

Serves 6

Preparation: 15 minutes

- 1 large red onion, thinly sliced
- 300g Chinese cabbage (wombok), thinly sliced
- 1 bunch (400g) baby bok choy, thinly sliced
- 100g snow peas, thinly sliced lengthwise
- 2 green onions, thinly sliced
- 1 large carrot, coarsely grated
- 1 large mango, sliced
- 3/4 cup egg mayonnaise
- 1 1/2 tablespoons lemon or lime juice
- 1 clove garlic, crushed
- 650g medium cooked prawns, peeled, deveined, tails intact

1 Combine red onion, cabbage, bok choy, snow peas, green onion, carrot and mango in a large bowl.

2 Whisk mayonnaise, juice and garlic in a small bowl.

3 Spoon salad into shallow serving bowls. Top with prawns. Serve drizzled with dressing.

FAST FIXES

+ Bok Choy & Salmon Omelet

Whisk 2 eggs and a little water and soy sauce in a jug. Pour into a frying pan; cook until golden. Top with shredded baby bok choy, flaked canned salmon and crumbled fetta. Fold in half. Cook until heated.

+ Oyster Sauce & Sesame Greens

Stir-fry chopped asparagus, shredded bok choy, shredded choy sum and bean sprouts until almost wilted. Drizzle with oyster sauce and sesame oil. Add crushed garlic; stir-fry until just wilted.

+ \$3.50 a serve

