

WHO DARES SLIMS - RECIPE

Thai prawn & Melon Salad



Tips

Makes 8 portions

If you don't like melon, you can make this with young/green mango.

Ingredients

- 2 Garlic cloves
- 1 tablespoon honey
- 2 teaspoons of fish sauce (nam pla)
- Juice of 2 limes
- 2 red chillies (finely sliced)
- 400g shelled prawns
- 50g unsalted peanuts
- 1 light melon (Galia/honeydew) chopped into 2cm chunks.
- 4 tablespoons chopped coriander
- 1 tablespoon chopped mint leaves

Preparation

1. In a large bowl combine the garlic (crushed), honey, fish sauce, chilis and lime juice to form a sauce.
2. Add the melon, prawns and peanuts and stir until coated.
3. Just before serving, add the freshly chopped coriander and mint.