

# avocado, baby spinach & prawn salad



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### Ingredients:

- 2 medium just-ripe avocados
- 1/4 cup lime juice
- salt and ground black pepper
- 1 1/2 tbs finely chopped chives
- 100g baby spinach leaves
- 24 (about 1.2 kg) cooked king prawns, peeled and deveined
- 1 1/2 tbs extra virgin olive oil
- crusty bread, to serve

### Method:

1. Halve avocados lengthways, peel and remove seeds. Slice flesh lengthways into 1-cm thick slices and place into a large bowl. Drizzle with lime juice and season with salt and pepper to taste.
2. Add 1 tbs chopped chives to avocados. Toss gently to combine.
3. Arrange spinach leaves, prawns and avocados on serving plates. Drizzle with oil, sprinkle over remaining chives and serve with crusty bread.

**Serves:** 4

**Preparation:** 25 minutes

### Health benefits of avocados:

- Avocados are an excellent source of folate and vitamin C.
- High in healthy monounsaturated fat, avocados also contain vitamin E, which is a powerful antioxidant.