

Mango, cucumber & herb prawn salad



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Preparation 25 mins | Serves 4

- 2 plump Lebanese cucumbers, cut into 5cm batons
- 1-2 long red chillies, thinly sliced (seeds in)
- 4 cups finely shredded Chinese cabbage (about ½ medium)
- 2 cups finely shredded red cabbage (about ¼ medium)
- ½ small red onion, halved and very thinly sliced
- 1 cup mint leaves
- 1 cup Thai basil leaves
- 2 just-ripe mangoes, peeled and cut into thin ribbons
- 500g cooked king prawns, peeled and deveined
- ½ cup roasted cashews, roughly chopped
- Lime wedges, to serve

Sweet chilli & lime dressing:

- ½ cup sweet chilli sauce
- ¼ cup lime juice
- 2 tsp soy sauce

STEP 1 To make the sweet chilli & lime dressing, combine all ingredients in a screw-top jar. Shake until well combined. Set aside.

STEP 2 Combine cucumbers, chillies, cabbage, onion, mint and Thai basil in a large bowl. Drizzle with half of the dressing and gently toss to combine.

STEP 3 Arrange the cabbage salad in serving bowls, top with mango and prawns. Sprinkle with cashews. Drizzle with the remaining dressing and serve with lime wedges.

Good for you... MANGOES

An excellent source of vitamin C which helps the body defend itself against infection. A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh. A source of dietary fibre and also potassium.

