



Quick Prawn Caesar Salad

serves 2

Lunch 15 – 20 mins • Eat me first



Prawns



Salad Leaves



Grated Italian
Style Hard Cheese



Cucumber



Aioli



Paprika



Tomato

Pantry Items: Salt, Pepper, Oil



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recipe!

2024-W44

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	Quantity
Prawns	150 g
Salad Leaves	120 g
Grated Italian Style Hard Cheese	1 unit
Cucumber	1 unit
Aioli	1 sachet
Paprika	1 sachet
Tomato	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	318.5 g	100 g
Energy (kJ/kcal)	1172 kJ/ 280 kcal	368 kJ/ 88 kcal
Fat (g)	20.2 g	6.3 g
Sat. Fat (g)	3.7 g	1.2 g
Carbohydrate (g)	9.3 g	2.9 g
Sugars (g)	6.1 g	1.9 g
Protein (g)	17 g	5.3 g
Salt (g)	2 g	0.6 g

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Contact

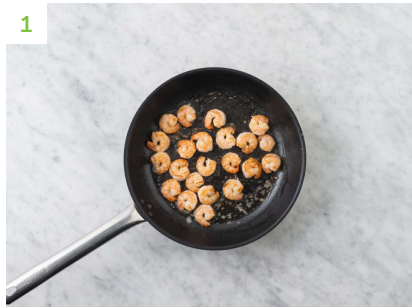
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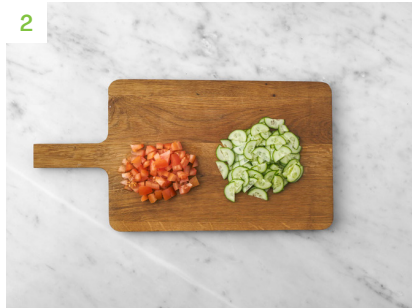
1



Fry the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. Season with **paprika, salt** and **pepper**.
- Fry until cooked through, 4-5 mins. Once cooked, remove the pan from the heat. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.

2



Prep the Veg

- Meanwhile, halve the **cucumber** lengthways then thinly slice widthways.
- Chop the **tomatoes** into 2cm chunks.
- Trim the **salad leaves** and roughly chop.

3



Assemble and Serve

- To a large bowl, add **salad leaves, cucumber, tomatoes, aioli** and **cheese**.
- Toss until fully combined then season to taste with **salt** and **pepper**.
- Divide the Caesar salad between plates and top with the fried **prawns**.

Enjoy!