

Prawn and snow pea sprout salad with chilli sauce



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tastes like *Summer*

SERVES 4

- | | |
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| 2 whole coriander (cilantro) stems | sprouts, trimmed of stalks |
| 1 garlic clove | 1 spring onion (scallion),
finely sliced on the diagonal |
| sea salt | 1 red capsicum (pepper), julienned |
| 1 small red chilli | 1 Lebanese (short) cucumber, diced |
| 3 tablespoons palm sugar (jaggery) | 16 raw king prawns,
peeled and deveined |
| 2 tablespoons fish sauce | |
| 3 tablespoons lime juice | |
| 40 g (1½ oz) snow pea (mangetout) | |

Remove the stems and root from the coriander and wash. Dry with paper towel. Set the leaves aside. Using a mortar and pestle pound the garlic and coriander stems and roots with a sprinkle of sea salt until roughly mashed, then add the chilli and grind to a fine paste. Spoon into a small bowl and add the palm sugar, fish sauce and lime juice. Stir until the sugar has dissolved, then set to one side.

Arrange the snow pea sprouts, spring onion, capsicum and cucumber on four plates.

Heat a non-stick frying pan over a medium to high heat and sear the prawns on both sides until pink and curled. Remove and divide the prawns among the four plates. Drizzle with the dressing and scatter with the coriander leaves.

All recipe ingredients are available at the following Northbridge Plaza retailers:

- Aegean Deli Café
- Antico's Fruit Worls
- Tokyo Mart

Steve Costi
Excellence in Seafood.

See Fresh & Fast
cooking demonstration
with Michele Cranston
12 noon,
Friday 25 September.



MURDOCH BOOKS

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