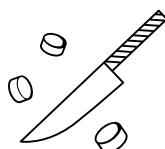


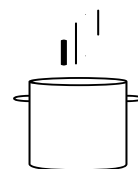


Hot and Sweet Mango Prawn Salad

A beautifully colourful quick and easy salad.



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Ingredients

- 400g large raw tiger prawns
- 1 tbsp The Groovy Food Company Organic Virgin Coconut Oil
- 100g dried vermicelli rice noodles
- 1 red pepper, deseeded and sliced
- 1 green pepper, deseeded and sliced
- 1 red onion, sliced thinly
- 1 large carrot, julienned
- 100g sugar snap peas, sliced lengthways
- 1 slightly under ripe mango, peeled and julienned
- 1 red chilli, deseeded and sliced

Fresh coriander to garnish dressing:

- 1 tbsp The Groovy Food Company Agave Nectar Rich

Directions

1. Cook the noodles by placing into a bowl and pouring over boiling water, leave to stand for 5 minutes then drain and leave to cool. Meanwhile prepare the vegetables and set aside in a large bowl.
2. Pre-heat a frying pan then add in the coconut oil, fry the prawns for 2-3 minutes per side, until pink and cooked through.
3. Meanwhile whisk together the dressing for the salad. Finally dress the noodles, peppers, carrot, red onion beansprouts, sugar snaps, mango and chilli serve up topped with the hot prawns then garnish with the coriander.

and Dark

1 tbsp soy sauce

2 tbsp The Groovy Food Company High Five Oil

½ clove garlic crushed

juice of 1 lime