Recipe © Rosemary Conley Enterprises

CITRUS PRAWN COCKTAIL

Serves 4
Per serving: 78 calories, 1.2g fat
Protein: 9.5g
Carbohydrate: 5.5g
Fibre: 1g

Prep time: 15 minutes

INGREDIENTS

50g fresh rocket leaves
1 orange, segmented
2 tbsps extra light mayonnaise
1 tbsp sweet chilli sauce
1 lime
160g cooked peeled prawns
Black pepper

METHOD

1. Shred the rocket and place in the base of 4 glasses, add the orange segments lightly squeezing some of the juice over the leaves. Mix together the mayonnaise with the chilli sauce, adding the juice of half the lime to give a coating sauce.

2. Season with black pepper and add the prawns. Toss in the sauce and place on top of the rocket. Garnish with remaining lime wedges and serve.

