

Garlic & lemon prawns with cucumber salad



Garlic & lemon prawns with cucumber salad

Preparation: about 15 minutes (+ chilling time)

Cooking: about 5 minutes

Serves: 4

- 2 tbs olive oil
- 3 garlic cloves, crushed
- 2 tsp lemon zest
- 1 tbs lemon juice
- Salt and ground black pepper
- 500g frozen green prawns (with tail on)
- 2 baby cos lettuce leaves
- 2 Lebanese cucumbers, thinly sliced lengthways
- 1 small red onion, halved and very thinly sliced
- 250g tub tzatziki, to serve
- Lemon wedges and crusty bread, to serve

1. Combine oil, garlic, lemon zest and lemon juice in a bowl. Season with salt and pepper to taste. Add frozen prawns and toss to coat in oil mixture. Cover and refrigerate for 30 minutes.
2. Meanwhile, arrange lettuce, cucumbers and onion on serving plates.
3. Heat a greased barbecue plate or char-grill pan over medium-high heat. Remove prawns from bowl using a slotted spoon and barbecue or char-grill for 4–5 minutes until pink and just cooked through. Arrange prawns on salad and serve with tzatziki, lemon wedges and crusty bread.



Lebanese cucumbers

- Supply few kilojoules (only 40 kJ/100g) and they come with a sprinkling of many minerals and vitamins.
- A good source of vitamin C, a vitamin that is vital to the body's defence against illness.
- Very low in sodium and so can help balance the average diet that has too much added salt.

For fresh fruit and vegetable recipes visit www.sydneymarkets.com.au

SYDNEY MARKETS

SYDNEY MARKETS

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SPR10