

Mustard Grilled Prawns Tropical Rice Salad



aroma
KITCHEN

INGREDIENTS

FOR THE PRAWNS

8 King prawns
3 spoons olive oil
1 heaped spoon full Dijon mustard
1 spoon red wine vinegar
50g Soft brown sugar
Juice of 1 lemon
Dried dill
1 small red onion finely chopped

FOR RICE SALAD

1 cup Eurico White Long Grain Rice, cooked
1 mango peeled and chopped
2 limes
Salt & pepper
Cayenne pepper to taste
Cucumber
Bell pepper
1 small can pineapple rings
100g chopped cashews
1 avocado diced
2 spoons golden raisins
Lettuce leaves for serving



METHOD

- 1 Mix all the rice salad ingredients together and chill before serving.
- 2 Peel and vein the king prawns leaving only the tail on.
- 3 Blend together the olive oil, mustard, vinegar, brown sugar, lemon juice, dill, fresh chili, onion into a smooth dressing.
- 4 Pour over the prawns and thread into skewers. Grill for 3 minutes on each side.