



Prawn & melon salad

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 garlic clove
- ☐ 1 handful cilantro leaves
- ☐ 1 tsp brown sugar
- ☐ 1 to 5 chilies red deseeded chopped
- ☐ 1 piece ginger peeled roughly chopped
- ☐ 3 orange juice
- ☐ 1 small watermelon
- ☐ 24 large tiger prawns cooked peeled

- ☐ 4 spring onion finely sliced
- ☐ 2 lemon grass trimmed finely sliced
- ☐ 6 servings ginger peeled cut into fine matchsticks
- ☐ 1 lime zest
- ☐ 3 kaffir lime leaves shredded
- ☐ 1 handful mint leaves chopped
- ☐ 100 g roasted peanuts salted

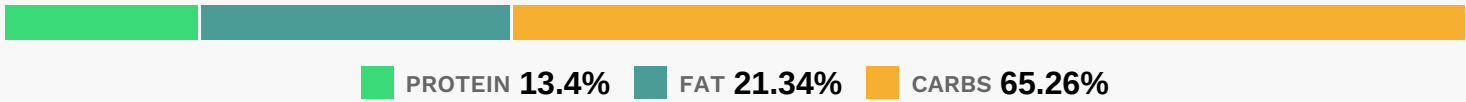
Equipment

- ☐ food processor

Directions

- ☐ Three hours before serving: make the dressing.
- ☐ Put the garlic and coriander in a food processor with 1 tsp salt and the sugar, then pulse to a pulp.
- ☐ Add the chilli, ginger and citrus juices and pulse until smooth. Cover and chill.
- ☐ Two hours before serving: cut the watermelon into segments, remove the skin and seed the flesh.
- ☐ Cut into lozenges about 3cm wide.
- ☐ Mix the melon and prawns and add the spring onions, lemongrass, ginger, lime zest and lime leaves. Chill.
- ☐ To serve: toss the dressing and herbs into the salad and scatter with chilli and peanuts.

Nutrition Facts



Properties

Glycemic Index:54.61, Glycemic Load:42.4, Inflammation Score:-10, Nutrition Score:24.980869622334%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 8.45mg, Hesperetin: 8.45mg, Hesperetin: 8.45mg, Hesperetin: 8.45mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 371.54kcal (18.58%), Fat: 9.76g (15.01%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 61.84g (22.49%), Sugar: 50.37g (55.97%), Cholesterol: 35.28mg (11.76%), Sodium: 241.88mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.59%), Vitamin C: 92.03mg (111.55%), Vitamin A: 4608.09IU (92.16%), Manganese: 0.83mg (41.56%), Potassium: 1153.77mg (32.96%), Magnesium: 119.7mg (29.92%), Copper: 0.53mg (26.5%), Vitamin B6: 0.5mg (24.98%), Vitamin B1: 0.35mg (23.33%), Vitamin B3: 4.66mg (23.32%), Phosphorus: 232.97mg (23.3%), Fiber: 5.32g (21.29%), Vitamin B5: 2.1mg (20.96%), Vitamin K: 20.62µg (19.64%), Selenium: 12.82µg (18.31%), Folate: 68.35µg (17.09%), Iron: 2.77mg (15.41%), Vitamin B2: 0.21mg (12.16%), Calcium: 103.09mg (10.31%), Zinc: 1.5mg (9.98%), Vitamin E: 0.9mg (6.01%), Vitamin B12: 0.31µg (5.18%)