

# HEALTHY COOKING

## ▶ QUICK 'N EASY PRAWN SALAD



SERVES 1

### INGREDIENTS

- ▶ ½ an avocado, sliced
- ▶ 2 cups mixed salad leaves (about 70g)
- ▶ 100g prawns, cooked & peeled
- ▶ Juice of ½ a lime

Put the prawns and avocado on top of the salad leaves and dress with lime juice.

**Each serving:**

**Protein: 24.0g | Carbohydrate: 1.7g**

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