



## Cajun Prawn Salad

### Ingredients

- 4 tbsp Croots lemon oil
- 2 large ripe avocados
- 1 red pepper
- 1 bunch spring onions
- 1 clove garlic
- 500g King prawns (best is raw and deveined)
- 6-8 tbsp Cajun spice
- 4 heads baby gem
- 1 lime small handful of chopped coriander leaf

### Directions

- First prepare your prawns, de-shell them if needed and remove the darker line along the base of the prawn then wash and dry them.
- Grate the clove of garlic and add 3 tbsp of the Cajun spice mix to the lemon oil to marinate the prawns in whilst you prepare the rest.
- Wash the baby gem separating the leaves and leave to dry. Dice the red pepper and slice the spring onions (I find it best on the diagonal) making sure you peel any dry outer skins of the onions off first.
- Place a pan on a high heat and fry your prawns in the oil they have been marinating in.
- Add the spring onions and pepper and the rest of the Cajun spice and cook until soft.
- Finish with the lime juice and the chopped coriander.
- Peel and slice your avocado and arrange on the baby gem with the prawn and vegetable mix.
- Serve with soured cream (if you haven't got this you can just whip double cream and lemon juice together) and fresh bread