



GHANA SALAD

□ **Ingredients (serve 4):**

- 100 g of shelled and pre-cooked prawns
- 1 crushed clove of garlic • 7.5 ml of oil
- 2 boiled eggs • 1 plantain banana cut into two
- 4 lettuce leaves • 2 tomatoes • 1 red pepper
- 1 avocado • the juice of a lemon • 1 carrot
- 200 g of GLENRYCK Sardinops
- 1 finely chopped green chilli pepper • 1 chopped sweet onion • salt • black pepper

RECIPE

1- Place the prawns into a small bowl with the crushed garlic; add salt and pepper to taste.

Fry the seasoned prawns gently in the oil for a few minutes at low heat and then put them to one side.

2- Slice the boiled eggs. Blanch the plantain banana for 15 minutes. Once cold, peel and chop into strips. Tear up the lettuce leaves and lay them out on a large serving dish.

3- Chop up the tomatoes, red pepper and avocado (pre-peeled and sprinkled with lemon juice). Cut the carrot into fine sticks and garnish the dish with the chopped vegetables.

4- Add the pieces of plantain banana, egg slices, cooked prawns and GLENRYCK Sardinops. Sprinkle with lemon juice, green chilli pepper and chopped sweet onion.

5- Add salt and pepper to taste. Enjoy your meal!

Bon appétit.



Other entrées :

