



PRAWNS & MANGOES SALAD

□ **Ingredients (serve 6) :**

- 1kg of big prawns
- 2 grapefruits • 4 ripe mangoes
- 1 onion • 1 glove of garlic
- salt

RECIPE

1- Put the prawns in a pot, cover with cold water. Add the sliced thinly onion, the cut garlic and with its germ removed, pepper. Bring to the boil and let cook 3 minutes.

2- Remove the cooked prawns, drain and accelerate their cooling by putting them under a net of cool water. Peel them. Reserve.

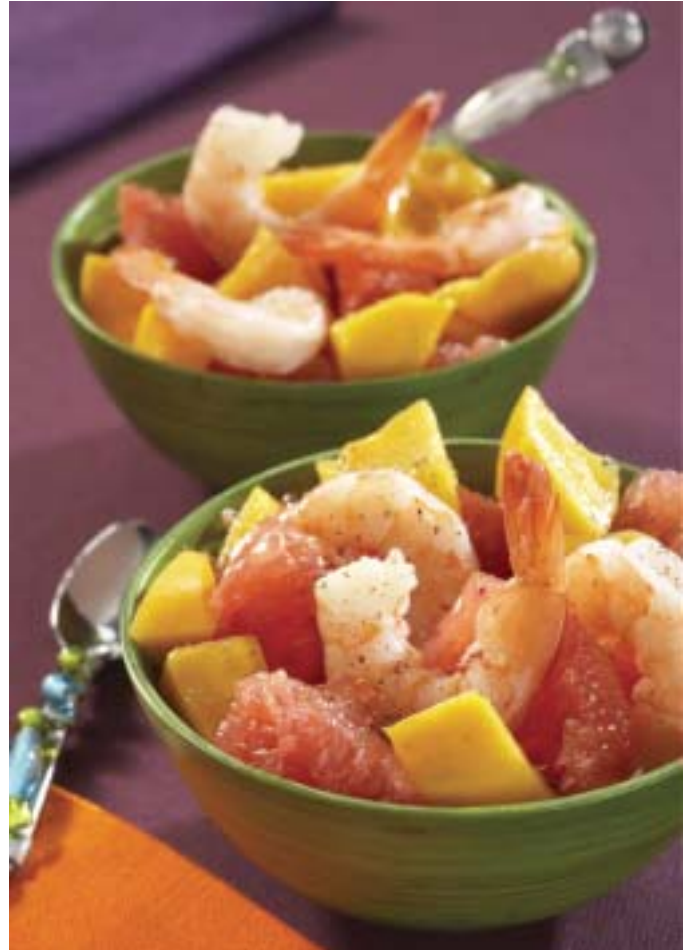
3- Cut the peeled mangoes in cubes of approximately a centimeter.

4- Peel the grapefruit "à vif" (that is to say by removing the white skin between the flesh and the bark). Deseed the fruit and cut it in small fragments.

5- Mix in a salad bowl the prawns, the grapefruit and mangoes, the salt and the pepper.

It is ready!

Bon appétit!



Other entrées :

