



Prawn Salad with Mustard Fruits

This is the pescatarian version of a simple, delicious chicken salad I had in Modena. The mustard fruits, pine nuts and balsamic vinegar make it special.

Serves 2



INGREDIENTS

- 6 medium-sized green prawns (U12/15)
- About ¼ cup Balsamic Vinegar of Modena IGP (60ml)
- Salt flakes, to taste
- 1 green oak leaf lettuce, rinsed and dried
- 3 leaves radicchio, coarsely shredded (optional)
- Extra virgin olive oil, for drizzling
- 2 tablespoons chopped mostarda di frutta (about 40g/1½oz)
- 1 tablespoon pine nuts, toasted
- Crusty bread, for serving

METHOD

1. Cut off and discard the prawn heads, place prawns on a chopping board on their backs and split down the underside almost all the way through without cutting through the shell. Remove the digestive tracts.
2. Turn them over and press firmly along the shell to flatten them out. Set aside for about 30 minutes to come to room temperature.
3. Meanwhile bring vinegar to the boil in a small saucepan over medium-high heat. Boil for about 5 minutes, until reduced and slightly syrupy. If using a young vinegar it may need to be reduced by two-thirds, if it's an older vinegar it may be less or not at all and you'll only need a tablespoon or so.
4. Preheat a char-grill pan or heavy-based frying pan over medium-high heat. Arrange prawns in the pan, shell side down, in a single layer. Sprinkle with salt and cook for 3–5 minutes, depending on size, until flesh is just opaque.
5. Meanwhile, tear oak leaf lettuce leaves into bite-sized pieces and place in a large mixing bowl with radicchio (if using).
6. Add a good drizzle of oil and sprinkle of salt and toss to coat the leaves well. Arrange lettuce on a platter. Arrange prawns on top.
7. Scatter with mostarda di frutta and pine nuts, drizzle with reduced balsamic vinegar then oil and a sprinkle of salt.
8. Serve with crusty bread.