



Prawn Cocktail

No matter how retro, some recipes don't go out of fashion because they simply taste good! Cooked prawns with crisp iceberg lettuce and tangy, pale pink cocktail sauce (sauce Marie Rose) is one such combination. I add diced avocado to my prawn cocktail for a creamy modern touch, but leave it out if you prefer.

Serves 2 as a starter

INGREDIENTS

- 120g natural cooking salt
- 6 medium-sized green prawns (about 220g)
- ¼ small iceberg lettuce
- ½ avocado
- 2 teaspoons strained lemon juice
- 2 1/2 tbsps Marie Rose Sauce
- Chervil, for garnishing



METHOD

1. Place salt in a saucepan with 2 litres water and bring to a rolling boil.
2. Add prawns and cook for 1½ minutes.
3. Transfer immediately to well iced water and set aside to cool completely.
4. Meanwhile, finely shred lettuce, cover and refrigerate.
5. Dice avocado, toss with lemon juice, cover and refrigerate.
6. When prawns are completely cold, peel, devein and cut each into 3 pieces.
7. Add prawns and Marie-Rose Sauce to the avocado and toss gently to combine. Cover and refrigerate.
8. Just before serving, place lettuce in the base of individual serving bowls and top with prawn mixture.
9. Garnish with a few sprigs of chervil and serve.