



# Prawn and grilled pineapple salad

20'  
Hands on

4  
Portion(s)

1  
Difficulty



## Method

- In a **pot** full of boiling water, add the green beans and boil for 2 minutes.
- When ready, remove from pot and place in a **bowl** with ice water to cool and then drain.
- In the same pot of boiling water, add the broccoli and boil for 3 minutes.
- When ready, remove from pot and place in a bowl with ice water to cool and then drain.
- Place a **pan** over medium to high heat. Add 2 tablespoons of olive oil and sauté the prawns for about 3 minutes on each side.
- Grill the pineapple slices on a **grill pan** for about 1-2 minutes.
- Cut each pineapple slice into 4 pieces.

### For the dressing

- Whisk together the lemon juice, lemon zest, olive oil, mustard, fish sauce and pineapple juice in a bowl.

### For the salad

- **Cut the cherry tomatoes in half**, finely chop the carrot and place in a bowl.
- Add the pistachio nuts, olives, prawns, broccoli, green beans and pineapple.
- Drizzle with dressing and serve.

## Ingredients

- 100 g green beans
- 150 g broccoli
- 2 tablespoon(s) olive oil
- 8 shrimps, No1
- 500 g pineapple, canned

### For dressing

- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 100 g olive oil
- 50 g mustard
- 2 tablespoon(s) fish sauce
- 50-70 g pineapple juice, from the can

### For the salad

- 150 g cherry tomatoes
- 1 carrot
- 50 g pistachios
- 50 g olives, rounds

## Διατροφικός πίνακας

### Nutrition information per portion

614 Calories (kcal)	44.0 Total Fat (g)	6.2 Saturated Fat (g)	22.0 Total Carbs (g)
31%	63%	31%	8%
20.0 Sugars (g)	27.0 Protein (g)	7.0 Fibre (g)	3.9 Sodium (g)
22%	54%	28%	65%