



# Prawn Scallop and Mango Salad with Dill

## Ingredients

200 gms peeled cooked prawns  
250 gms of cooked sea scallops without roe  
2 x Baby cos lettuce  
Handful of torn rocket  
2 fresh mangoes cut into 2cm cubes  
1/8 cup chopped fresh dill  
12 halved grape or cherry tomatoes

## Dressing

3 tbs sherry vinegar  
1 tbs sweet chili sauce  
1 tsp fish sauce  
1 tbs chopped garlic chives  
1 tbs soy sauce  
2 tsp virgin olive oil  
Fresh ground pepper and salt to taste

## Method

Cut the cos lettuce into 2cm pieces and place into salad bowl. Tear the rocket and add.

Chop the dill and halve the tomatoes, prepare the mangoes into 2 cm cubes and add each to the bowl.

Add the prawns and sea scallop.

Chop the dill and toss together in the salad bowl.

Add the dressing ingredients to a small bowl and whisk together.

When ready to serve, drizzle the dressing over the salad.

*If you want to bulk it up, add more lettuce or green salad and vegetables*