

The Slug and Lettuce

CRAYFISH MANGO SALAD (SERVES 2)

Fresh and fruity

Prep time 30 minutes



200g Drained Crayfish
110g Sliced Fresh Mango
2g Fresh Chopped Mint
120g Mixed leaves of Frisse, Chicory & Rocket
6g Cherry Tomatoes
80g Cucumber
1 Spring Onion
2g Fresh Coriander
60ml Mayonnaise
Juice & Zest of 1/2 Lime
2 ¹/₄ Limes to garnish

METHOD;

Chop the coriander & mint.

Mix together with the lime juice, lime zest and mayonnaise.

Tip: Cover with cling film and leave in the fridge for an hour or so; this will allow the flavours to fuse together!

Halve the cherry tomatoes, and slice the cucumber and onion into thin angled slices.

Wash and dry the mixed leaves and add to the cucumber and onion.

Mix together the mango and mint, and add the crayfish.

Add to the mixed leaves and spoon into a large bowl.

Drizzle the lime and coriander dressing over the top and garnish with a wedge of lime.

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