

australian
bush spices



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Blue Seafood Blend

Blue Lime & Pepper Prawn Cocktail

2 tablespoons macadamia oil
1 tablespoon **BLUE** Australian Bush Spice
500g green prawns, peeled, deveined and leaving tails intact
200g mixed salad leaves
1 Lebanese cucumber, thinly sliced
2 tablespoons macadamia oil
2 teaspoons grated palm sugar
2 tablespoons lime juice

1. Put the oil, **BLUE** and prawns into a bowl and mix to coat the prawns.
2. Heat the oil in a large fry pan, add the prawns and cook over a medium heat until the prawns are pink and tender.
3. Arrange the lettuce on a plate, top with the cucumber and prawns.
4. Whisk together the macadamia oil, palm sugar and lime juice. Drizzle over the prawns and salad and serve.

Serves 4 as an entree