

Egg, Prawn and Asparagus Salad



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 October 2012

Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 8 Eggs (semi hard boiled)
- 2 bunch Asparagus (blanched)
- 16 large Prawns (cooked and peeled)
- 4 tbsp Light mayonnaise
- 1 Lime (zest and juice)
- 1 bunch Chives (chopped)

Optional: sourdough bread or new potatoes

Method

- 1. In a bowl mix together the mayonnaise, lime juice and zest, season.
- 2. Arrange eggs, asparagus and prawns onto a plate and drizzle with lime mayonnaise, sprinkle with chives.

Notes

serve with toasted sourdough bread or boiled new potatoes

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
253g	1050kj 251kcal	27.3g	11.3g	2.9g	7.9g	6.2g	805mg	2.6g

All nutrition values are per serve.