



# PRAWN AND BACON SALAD

## WITH CAESAR DRESSING

### INGREDIENTS

- 4 thin slices sourdough bread
- 500 g large raw, peeled and deveined prawns
- 1 tablespoon crushed garlic
- black pepper and sea salt
- 112 g diced bacon
- 1 tablespoon butter
- 1 egg, soft boiled and peeled
- 144 g washed and dried Cos lettuce
- ½ sliced avocado
- 37 g shaved Parmesan cheese
- 2 tablespoons lemon juice
- Dressing:**
- 65 g plain, non-fat Greek yoghurt
- 1 tablespoon homemade mayonnaise
- ½ tablespoon olive oil
- 1 teaspoon crushed garlic
- 1 finely chopped anchovy fillet
- 1 tablespoon lemon juice
- 1 ½ tablespoon freshly grated parmesan cheese

### METHOD

1. In a hot pan, fry the bacon cubes then remove the from the pan. With the remaining bacon fat, toast the bread slices on either side.
2. In a clean pan, melt the butter and fry the prawns for approximately 5 minutes, until cooked.
3. Blend all the dressing ingredients with an electric hand blender until smooth.
4. In a large bowl, combine all the salad ingredients, season with salt and pepper and pour the dressing over. Serve with the warm, sliced toast.

A good source of protein ✓

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SPAR 



PREP TIME 15min  
COOK TIME 10min  
⌚ TOTAL 25min  
SERVES 4-6