



# Low FODMAP Grapefruit Prawn Salad

Serves: 4

Prep: 10 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
350g peeled, cooked prawns (about 16 or 800g whole prawns)	350 g	8.8 oz
1 pink grapefruit, peeled and segmented	250 g	8.8 oz
1 long green chilli, sliced		
1 bunch of mint, leaves picked	40 g	1.4 oz
1/2 cup coriander leaves	31 g	1.1 oz
2 Lebanese cucumbers, cut thinly on the diagonal	350 g	12.3 oz
½ cup shredded coconut	50 g	1.8 oz
½ cup roasted peanuts	60 g	2.1 oz
2 tsp caster sugar	8.4 g	0.3 oz
juice of 2 limes	80 g	2.8 oz
2 tbsp fish sauce	50 g	1.8 oz

## Method

1. In a large bowl, mix the prawns, grapefruit, chilli, herbs, cucumber, coconut and peanuts in a large bowl.
2. To make the dressing, mix the sugar, lime juice and fish sauce. Pour the dressing over the salad and mix together.
3. On a large serving tray, arrange the salad mix. Serve immediately.

Nutrition Information (per serve)	
<b>Energy</b>	1327 Kj / 317 cal
<b>Protein</b>	27.80g
<b>Carbohydrates</b>	10.50g
<b>Sugar</b>	9.40g
<b>Total Fat</b>	16.30g
<b>Saturated Fat</b>	8.70g
<b>Fibre</b>	7.40g