

## HEALTHY PRAWN AND AVOCADO SALAD WITH GRAPEFRUIT

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**Prep + cook time: 10 min Serves: 4**

### Ingredients

2 ripe avocados

2 white grapefruit

4 tbsp extra-virgin olive oil

½ lemon, juiced

150 g | 6 cups rocket, washed

300 g | 2 cups cooked prawns

salt

freshly ground black pepper

1. Halve, pit, and peel the avocados; dice the flesh.
2. Peel and remove the white pith from the grapefruits. Working over a bowl, cut between the membranes to segment them into the bowl.
3. In a large mixing bowl, whisk together the olive oil, lemon juice, and some salt and pepper to taste. Add the rocket, avocado, grapefruit, and prawns, tossing to combine.
4. Divide between plates and season with a little salt and pepper, if desired.

