

Seafood Salad with Ginger Dressing

Calories: 23 kcal

Servings: 1

Time: 17 Mins

Ingredients

- 60.00 g Baby Spinach
- 1.00 tbsp Chives (finely chopped)
- 120.00 g Prawns or Scallops (or mixture of two)
- 40.00 g Red Capsicum (finely chopped)

Instructions

1. Peel and de-vein prawns.
2. Cook prawns and/or scallops in fry pan, grill or barbecue until browned lightly and cooked as desired.
3. Meanwhile, make the ginger dressing by squeezing a whole 5g piece of ginger between two spoons over a small bowl/jug to release the ginger oil. Then combine flaxseed oil, lemon juice and sweetener with the ginger oil and whisk. (Add extra grated ginger if desired for stronger flavour).
4. Place prawns/scallops in a bowl with chives, spinach, capsicum and dressing. Toss gently to combine.