

Preparation time: 2 hours 30 minutes Serves 4

## Avocado Prawn Skewers with Tomato Salsa

*These low-calorie prawn skewers are almost effortless to prepare, and are high in taste while being low in calories. Guaranteed to be a hit during parties or special occasions!*

### INGREDIENTS

Prawns	300 g (11 oz), peeled, tails left intact
Red, yellow and green capsicums	1/2 of each, cored, seeded and cut into large pieces
Shiitake mushrooms	8, medium-sized, caps wiped and stems removed
Leek	1 stalk, cut into 2.5-cm (1-in) lengths

### Marinade

Avocado	1/4, peeled, pitted and mashed
Red chilli	1/2, finely chopped
Coriander leaf (cilantro)	1/2 sprig, finely chopped
Salt	a pinch
Ground black pepper	a pinch
Lemon juice	2 Tbsp
Garlic	1 clove, peeled and finely chopped

### Salsa

Tomato	2 medium, seeded and finely diced
Chinese coriander (cilantro)	1 sprig, finely chopped
Garlic	2 cloves, finely chopped
White wine vinegar	2 Tbsp
Salt	a pinch
Lemon juice	1 tsp

Olive oil	2 Tbsp
Onion (medium)	1/4, peeled and finely diced
Black peppercorns	2 Tbsp, crushed
Red chilli	1/2, finely chopped

### METHOD

- Prepare salsa. In a glass, china or non-metallic bowl, combine ingredients and mix well. Refrigerate and leave aside for at least 2 hours.
- Prepare marinade. In a mixing bowl, combine ingredients and mix well. Place prawns in to steep, then leave aside to marinate for 10 minutes.
- Preheat grill to high, and oven to 150°C (300°F).
- Thread prawns on skewers, alternating them with capsicums, mushrooms, leeks and onions. Place on grilling rack and grill for 30 seconds to 1 minute on each side, or until slightly charred. Remove from heat, then place in the oven to bake for 4 minutes, or until prawns change colour and are cooked. Remove from heat and place on a serving platter.
- Drain salsa and place in a side dish or alongside prawn skewers. Serve immediately.

Per serve	
Calories	189 kcal
Carbohydrate	13.8 g
Fat	7.8 g
Cholesterol	146.3 mg
Fibre	1.9 g

