



## Ingredients

### Makes 12 cups

- 1 large avocado, finely chopped
- 1 mango, finely chopped
- 300g cooked peeled prawns
- ½ long red chilli, deseeded and finely chopped
- 1 lime – use zest and juice
- 2 teaspoons olive oil
- 1 tablespoon parsley, finely chopped
- Iceberg, cos or gem lettuce leaves

## Method

1. Finely chop avocado and mango into small cubes and add to a bowl.
2. Chop prawns into small pieces, about 1.5cm and place in the bowl.
3. Remove seeds from chilli and finely slice it, then add to the bowl.
4. Using a fine grater, zest the lime and then squeeze juice over prawn mixture.
5. Add olive oil and finely chopped parsley and stir to combine.
6. Prepare lettuce cups on a tray and just before serving, top with prawn mixture.

### Notes:

Shredded chicken breast could be used as an economical replacement for prawns or if you have children with a seafood allergy at your service.