



Spring Prawn Salad with Honey Mustard Dressing

EASY • 10 MINS

Sweet prawns, crisp cos and buttery avocado... this is spring on a platter. Created in collaboration with Jalna, we've combined their creamy Greek yoghurt and our Capilano Pure honey for a dressing that's fresh, balanced and very moreish. It's the sort of salad that quietly steals the show at lunch.



SKILL LEVEL
Easy

PREP TIME
10 mins

SERVINGS
2

Ingredients

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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Salad

- 500g cooked prawns, peeled and de-veined
- 2 baby cos lettuce, trimmed, cut into wedges
- 1 large avocado, sliced
- 3-4 radishes thinly sliced
- 1 tbsp finely chopped chives
- 3-4 tablespoons honey mustard yoghurt dressing

Honey Mustard Yoghurt Dressing

- $\frac{1}{2}$ cup Jalna Greek Style Natural Yoghurt
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup dijon mustard
- 4 tbsp Capilano Pure Honey
- 2 tbsp apple cider vinegar
- 2 tbsp lemon juice
- Pinch of fine sea salt
- Black pepper (to taste)

Method

1. To make the Honey-Yoghurt Mustard dressing, whisk all the ingredients together in a small bowl and set aside.
2. Add the lettuce and prawns to a serving plate. Top with avocado slices and radishes.
3. Drizzle over the dressing.
4. Top with chives to serve.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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