



SEAFOOD AND VEGETABLE SALAD WITH SPICY SOY SALAD DRESSING

PREPARATION TIME: 35 MINUTES



SEAFOOD AND VEGETABLE SALAD INGREDIENTS

- 50 ml olive oil
- 100 g French beans, trimmed
- 1 aubergine, diced
- 1 red pepper, seeded and finely sliced
- 1 yellow pepper, seeded and finely sliced
- 1 tbsp chives, finely chopped
- 1 tbsp parsley leaves, finely chopped
- 200 g prawns, peeled and de-veined
- 150 g squid rings, washed
- 125 g cooked mussel meat
- 1/2 lemon, juiced
- salt and pepper

PREPARATION METHOD

1. Bring the iCook 3 litre saucepan of salted water to the boil and cook the French beans for 1–2 minutes until just tender. Drain and refresh in iced water.
2. Heat half of the olive oil in a large iCook frying pan or Dutch oven over a moderate heat.
3. Sauté the prawns, squid rings and aubergine with some seasoning for 3–4 minutes, tossing and stirring occasionally.
4. Add the cooked mussel meat a minute before the prawns and squid are cooked, to warm through. Remove from the heat and transfer to a mixing bowl.
5. Add the peppers, French beans and toss well to combine. Dress with the remaining olive oil and lemon juice and season to taste.
6. Spoon into serving bowls and garnish with the chopped parsley and chives. Serve immediately, along with the spicy soy salad dressing.

Note: As an alternative, you can replace the seafood with chicken if preferred. If there are leftovers, place them in one of the iCook stainless steel mixing bowls. Once everyone has eaten enough, you can easily seal the mixing bowl with its matching lid.

For adding a special taste to your salad, try out this spicy soy salad dressing.

SPICY SOY SALAD DRESSING INGREDIENTS

- 6 tbsp olive oil
- 1 tbsp soy sauce
- 3 tbsp red wine vinegar
- 3–4 tbsp lemon juice
- 1 chopped red chilli (the more you use, the spicier the taste!)
- 1/2 finely chopped clove of garlic
- 2 tbsp honey
- salt and pepper pepper if desired.

PREPARATION METHOD

1. Combine all ingredients in an iCook mixing bowl.
2. Gradually whisk, and season with salt and pepper if desired.