

# Prawn Salad Cups

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/prawn-salad-recipe-indian>

## Ingredients:

- 1 pound shortcrust pastry Carême Sour Cream
- 1/2 cup Greek yoghurt thick
- 1 clove garlic crushed
- 2/3 pound prawns small cooked
- 1 mango large
- 1 head cos lettuce baby
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar or lemon juice
- 2 tablespoons coriander freshly chopped, or mint
- 1 pinch salt
- 1 pinch freshly ground black pepper

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 85 milligrams
4. Fat: 42 grams
5. Fiber: 7 grams
6. Protein: 21 grams
7. SaturatedFat: 10 grams
8. Sodium: 670 milligrams
9. Sugar: 11 grams

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