

WARM SEAFOOD SALAD WITH ASPARAGUS AND CHILLI

5 **SmartPoints** VALUES PER SERVE | SERVES: 4 | PREP: 20 MINS | COOKING TIME: 5 MINS

Ingredients

- 300g peeled green prawns, tails intact
- 300g calamari rings
- 2 bunches asparagus
- 1 tbs baby capers, rinsed, drained, chopped
- 1 long fresh red chilli, deseeded, finely chopped
- 1 tsp finely grated lemon rind
- 2 tbs lemon juice
- 1 tbs olive oil
- 200g grape tomatoes, halved
- 400g can butter beans, rinsed, drained
- 3 cups (90g) baby rocket leaves
- Lemon wedges



Filling and Healthy Foods are marked with a green circle. These foods help fill you up and keep you healthy.

Instructions

1. Preheat a chargrill or barbecue over high heat. Lightly spray prawns, calamari and asparagus with oil. Cook for 1–2 minutes each side or until browned and cooked through.
2. Meanwhile, place capers, chilli, rind, juice and oil in a small bowl. Stir to combine.
3. Place prawns, calamari, asparagus, tomatoes, beans and rocket in a large bowl. Toss gently to combine. Drizzle with chilli mixture and serve with lemon wedges.