

less than 30 minutes

Serves 4

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Ingredients

- 400g frozen, ready-cut and deveined prawn tails, defrosted and shells removed
- 1 tsp (5ml) each cumin, ground coriander, smoked paprika and cayenne pepper
- Salt and milled pepper
- Olive oil, for frying
- 4 avocados

Salsa:

- 1 red pepper
- 2 jalapeno chillies (optional)
- 2 tomatoes, deseeded and diced
- ½ bunch spring onions, finely sliced
- Handful fresh coriander
- Juice (20ml) of 1 lime

Dressing:

- ½ cup (125ml) sour cream
- 2 Tbsp (30ml) tomato sauce
- 2 Tbsp (30ml) tequila (optional)
- Lemon juice, to taste
- Tabasco sauce, to taste

Method:

1. Toss prawns in spices.
2. Season and set aside.
3. Chargrill red pepper and chillies until blackened.

4. Cover in clingfilm to loosen skins, then peel, remove seeds and dice.
5. Toss with remaining salsa ingredients.
6. Season and set aside.
7. Fry prawns in a glug of oil until just cooked.
8. Whisk dressing ingredients together.
9. Cut avocados in half and peel.
10. Fill avo halves with salsa and prawns and serve drizzled with dressing.

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