

Persian Prawn Salad with Pomegranate Dressing

Recipe created by Naomi Crisante

Serves 6
Preparation time 20 minutes
Cooking time 10 minutes

1 pomegranate*, cut in half
¼ cup light olive oil or grapeseed oil
sea salt and freshly ground black pepper, to taste
1 teaspoon brown sugar
200g baby rocket leaves, washed
1 red capsicum, roasted, skinned and cut into fillets
2 nectarines or mangoes, cut into thin wedges
150g Persian feta cheese or marinated feta, crumbled
1 kg peeled and deveined green prawn cutlets (tails intact)
extra oil, as needed
sumac, for sprinkling

Using a wooden spoon, firmly pound the back of one pomegranate half over a deep bowl to dislodge the seeds, discarding any membrane and reserve seeds. Squeeze the other half with a juicer, pressing seeds of juice. Strain juice and combine with oil, ½ teaspoon salt, sugar and pepper to taste. Combine rocket, capsicum and nectarines. Drizzle prawns with a little oil and chargrill or bbq for 1-2 minutes on each side until just cooked. Meanwhile, moisten salad with a little of the dressing, portion onto plates and dot with small mounds of Persian feta. Quickly toss cooked prawns with remaining dressing, place on top of salad and serve sprinkled with sumac and pomegranate seeds.

Tips:

- When pomegranates are unavailable, substitute 2 tablespoons blood orange or ruby red grapefruit juice.
- This dish can also be made with cooked King prawns and served cold.
- Sumac is a ground Middle Eastern spice with a deep red colour and lemony flavour. A little freshly grated lemon or lime rind can be substituted.