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Healthy RECIPE

Prawn & mango salad with chilli lime dressing

SERVES 6 AS A STARTER

BOOST YOUR RUNNING RECOVERY WITH THIS LOW-FAT, HIGH-FLAVOUR STARTER

RUNNING BENEFITS
Prawns are a fabulous low-fat protein source, perfect for post-run recovery, and they're also a good source of vitamins D and B12, and trace mineral selenium. Rich in iron, vitamin C and beta-carotene, mango is also a good choice for runners.

INGREDIENTS

- 1 x bag Steve's Leaves Wild Red Rocket & Milder Leaves
- 1kg sweet potatoes, peeled, cut into one-inch cubes and steamed. Set aside to cool
- 400g cooked prawns, peeled and deveined
- 100g snow peas, halved lengthways on the diagonal
- 40ml sweet chilli sauce
- 60ml lime juice
- 1 x red chilli, finely diced
- 1 x mango, flesh cut into short, thin slices
- 1 x avocado, thinly sliced

NUTRITIONAL INFORMATION
Calories: 323
Protein: 22.5g
Carbohydrate: 47g
Fat: 6.3g (saturates 2.1g)
Fibre: 6.7g
Salt: 1.9g

METHOD

STEP 1 Place the sweet potatoes, snow peas, prawns, mango, avocado and salad leaves in a large bowl, and combine.

STEP 2 Whisk the sweet chilli sauce and lime juice together to create the dressing.

STEP 3 Divide the salad among the plates and drizzle with the dressing. Sprinkle with the diced chilli to taste.

As part of a healthy diet and lifestyle, the nutrients found in Steve's Leaves can help maintain your wellbeing and vitality. Packed with essential vitamins, Steve's Leaves are available nationwide. For more information, visit www.stevesleaves.co.uk

Preparation and cooking time: 35 to 45 minutes
Difficulty: Easy