



## Spicy « asia » prawns, avocado & grapefruit

Ingredients for 4 people

2 pink grapefruits

2 ripe avocados

Twenty raw king prawns

1 half bunch of fresh coriander or parsley

1 lemon

A piece of fresh ginger

1 clove of garlic

A pinch of Espelette pepper

Olive oil & Salt

Peel the grapefruits and remove the skins. Shell the prawns, remove the heads and clean them well under water. Roughly chop the coriander or parsley leaves. Peel and slice the avocados. Put them in a bowl, pour a little lemon juice over, salt and mix gently.

Fry the prawns in olive oil over medium heat on both sides. When they are nicely coloured, grate some lemon zest, ginger and garlic over them, add the *Espelette* pepper and cook for one more minute while continually stirring. The garlic and ginger should NOT become brown!

Place the avocado slices and grapefruit in the centre of a plate, add the remaining lemon juice to three tablespoons of olive oil and pour over the prawns, avocados and grapefruits. Add the coriander or parsley chops.

Serve with a slice of freshly toasted sesame bread and a Vermentino-based Mediterranean white wine, very round, fragrant and crisp.