



## Prawn, Prosciutto Salad with Pickled PinkLady® Apples and Rocket

Serves: 1



### Ingredients:

#### Pickled apples

- ♥ 800 ml sugar
  - ♥ 800ml red wine
  - ♥ Zest of a lemon
  - ♥ 5 cloves
  - ♥ 30g fresh ginger root
  - ♥ 10 Pink Lady® apples
  - ♥ 800ml red wine vinegar
  - ♥ 2 teaspoons mustard seeds
  - ♥ 5 all spice berries
  - ♥ 6cm piece of cinnamon stick
  - ♥ 10 coriander seeds
- #### Pickled apple puree
- ♥ Heat some of the pickled apples in the pickling juice and, blend smooth.

- ♥ Put 6 slices prosciutto into an oven (160°C) until they become crisp.
  - ♥ 16 prawns (de-veined, peeled)
  - ♥ Watercress and rocket leaves
  - ♥ 4 brazil nuts, chopped
- #### Red wine dressing
- ♥ 30 g caster sugar
  - ♥ 30 ml red wine vinegar
  - ♥ 200ml red wine
  - ♥ 15 ml olive oil
  - ♥ Mix together and keep aside.
  - ♥ 30ml water
  - ♥ 59ml port
  - ♥ 10ml balsamic vinegar

### Method:

Put all the ingredients except the apples in a large pan and bring to the boil, stirring to dissolve the sugar. Reduce the heat and simmer for 20 minutes.

Peel and core the apples and cut them in half.

Add them to the pickling juices and poach gently for 5-10 minutes, until they are tender but holding their shape. Remove from the pan with a slotted spoon and leave to cool.

Simmer the pickling juices until reduced by half, then cool. Pack the apples into a jar and pour over the pickling juices. Seal and store until needed.

Place the rocket and watercress on the bottom of the plate.

Cook the prawns in a bit of olive oil until crisp and cooked through, season and place on top of the leaves.

Spoon some pickled apple puree on the plate, together with some pickled apples.

Drizzle with the dressing and top with crisp prosciutto.



Created by

Reuben's  
restaurant & bar

# Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

