Posted on 9 May 2016

by Liz Robb

Greek Salad with Grilled Prawns

Ingredients

20 or 28 large prawns 2 cloves of garlic
Fresh or dried oregano
1-2 lemons
4 tablespoons of extra virgin olive oil
Balsamic vinegar
Salt and freshly milled black pepper
A large yellow pepper
Half a red onion
2 large ripe vine tomatoes
Half a small cucumber
A Little Gem lettuce [or any crisp lettuce]
A dozen black olives
150g feta cheese

Preparation

1. 1. Remove the shells from fresh prawns and ensure that they have been deveined. [Or, alternatively, keep a bag of prepared frozen prawns in the freezer for a last minute meal.] 2. To make the marinade, peel and crush the garlic and place in a small bowl. Chop fresh oregano very finely and add a heaped teaspoon to the garlic, or, if you don't have fresh oregano, add a level teaspoon of dried. Grate a little fine lemon zest into the bowl then add 4 tablespoons of lemon juice. Add 4 tablespoons of olive oil and a splash of balsamic vinegar. Season with salt and black pepper and whisk together well.
2. 3. Spoon half of the marinade over the prawns, turning to coat them all. Put to one side as you prepare the other ingredients.
3. 4. Peel and finely slice the red onion, halve and slice the cucumber and chop the tomatoes, then place them in a large bowl. Add the olives, halved, and the remainder of the marinade and mix together well.
4. 5. Wash and chop the lettuce.
5. 6. Deseed the yellow pepper and remove the stalk, chopping it into 3 or 4 large pieces. Heat a griddle pan, brushed with a little oil, and chargrill them for a few minutes on each side until they soften. Remove from the pan and cut into pieces.
6. 7. In the same griddle pan, grill the marinated prawns for 2-3 minutes on each side.
7. 8. Add the lettuce and yellow pepper to the rest of the salad ingredients, toss together then divide between 4 plates. Roughly chop or break up the feta cheese into pieces and scatter over the salad. Top with the hot grilled prawns.

Cooks Note

A cool fresh Greek salad is the perfect dish to serve for lunch or supper on a hot day, made even better with the addition of juicy grilled prawns and served with lovely pockets of griddled pitta bread.