
Mediterranean Prawn Salad with Lemon-Chili Dressing

A vibrant, blood sugar-friendly seafood salad featuring succulent prawns, crisp fennel, and peppery rocket tossed in a zesty lemon dressing—ready in just 15 minutes.

Prep: 15 min

Total: 15 min

Servings: 2

GL 16.1 / GI 33

Ingredients

juice of 1 lemon

extra-virgin olive oil

dried chilli flakes

red onion, thinly sliced

fennel bulb, thinly sliced

rocket (arugula)

cooked prawns (shrimp)

**High GI - omit for better blood sugar control, or substitute with whole grain sourdough
garlic bread, to serve (optional)**

Instructions

Step 1

Squeeze the lemon juice into a large mixing bowl, removing any seeds.

Step 2

Whisk in the extra-virgin olive oil and add a generous pinch of dried chilli flakes to create an emulsified dressing.

Step 3

Add the thinly sliced red onion and fennel to the dressing, tossing well to coat. Let this mixture sit for 7-8 minutes to allow the vegetables to soften slightly and absorb the flavors while the acidity mellows their sharpness.

Step 4

While the vegetables marinate, pat the cooked prawns dry with paper towels if they seem wet, ensuring they will absorb the dressing properly.

Step 5

Add the rocket leaves to the bowl with the marinated vegetables and toss gently to combine.

Step 6

Fold in the prawns, distributing them evenly throughout the salad.

Step 7

Season with sea salt and freshly ground black pepper to taste, adjusting the flavors as needed.

Step 8

Divide the salad between two serving plates and serve immediately. For optimal blood sugar control, enjoy the salad on its own as a complete meal, or pair with a small portion of cooked quinoa or chickpeas if you need additional substance.