

Citrus Prawn Salad with Pomegranate and Fresh Herbs

A vibrant, low-GI salad featuring succulent prawns, ruby pomegranate seeds, and tangy grapefruit segments dressed in a light citrus vinaigrette—perfect for stable blood sugar.

Prep: 15 min

Cook: 5 min

Total: 20 min

Servings: 6

GL 4.4 / GI 49

Ingredients

- 1 for zest and juice, 1 for segments pink grapefruits, zested and segmented
- extra virgin olive oil
- red wine vinegar
- minimal amount for balance caster sugar
- fresh dill, finely chopped
- cooked prawns, peeled and deveined
- cucumber, halved and deseeded
- shallots, finely diced
- frisée lettuce, torn into bite-sized pieces
- fresh rocket leaves
- pomegranate seeds

Instructions

Step 1

Zest one grapefruit directly into a medium mixing bowl, then juice the same fruit to extract approximately 3-4 tablespoons of fresh juice.

Step 2

Add the olive oil, red wine vinegar, caster sugar, and chopped dill to the bowl with the grapefruit zest and juice. Whisk vigorously until the dressing emulsifies and the sugar dissolves completely, creating a smooth citrus vinaigrette.

Step 3

Transfer half of the prepared dressing to a separate bowl and add the cooked prawns. Toss gently to coat, then set aside to marinate for 10 minutes, allowing the flavors to penetrate the seafood.

Step 4

While the prawns marinate, prepare the second grapefruit by cutting away the peel and pith with a sharp knife, then carefully slice between the membranes to release clean citrus segments. Set aside.

Step 5

Dice the deseeded cucumber into small, uniform pieces. Finely chop the shallots and tear the frisée into manageable pieces if needed.

Step 6

In a large salad bowl, combine the cucumber, shallots, frisée, and rocket. Drizzle with the remaining citrus dressing and toss gently but thoroughly to ensure every leaf is lightly coated.

Step 7

Divide the dressed greens among six starter plates or shallow bowls. Top each portion with marinated prawns and arrange grapefruit segments artfully around the plate.

Step 8

Finish each salad by scattering pomegranate seeds generously over the top, adding jewel-like pops of color and sweetness. Serve immediately while the greens are crisp and the prawns are perfectly marinated.