

# Gill's Gourmet Gallery

## Caribbean shrimp salad

1 lb uncooked shrimp or prawn  
1 teaspoon garlic  
1 teaspoon ginger  
1 tablespoon honey  
2 tablespoons olive oil or spray oil  
A twist of salt and pepper

Heat the oil in a frying pan and toss in the garlic and ginger, salt and pepper.  
Add the prawns with or without the tail. The tails can be removed after cooking.  
As the prawns are grey uncooked, stir until they are pink and lightly browned.  
At this point you can choose to add honey if desired.

For the salad prepare and refrigerate all the ingredients.  
Serve in individual bowls topped with the garlic and ginger shrimp.

Bean salad sprouting mix  
Sweet corn kernels  
Red and green peppers diced  
Tomatoes chopped  
Black beans cooked  
Rice cooked  
Mango cubed  
Fresh coriander chopped  
Fresh ginger diced into fine chunks  
Lemon or lime slices to garnish

