

## Juicy Prawns in an Avocado Mayo Sauce with



Serves	Prep Time	Cooking	Total Time	Calories
1 person				412 kcal

### Stuff that's in it:

- 2 Slices Wholemeal Bread
- 125G Small Prawns
- 50G Avocado (Smashed)
- 2 Tbsp Extra Light Mayo
- Snippet Of Fresh Cress

### What you do:

Add your smashed avocado (de stones and peeled) to a bowl and add the mayo, stir until combined then add the prawns, add a snippet of cress and a dusting of black pepper then smear all over a slice of bread, too with the other and slice, enjoy!!

### Nutrition

- Carbs: 37g
- Fat: 14g
- Protein: 30g

