

Seafood Salad

Servings: 4

Prep Time: 10min

Cook Time: 10min



Ingredients

- 500g frozen calamari, defrosted
- 20 large prawns, peeled and deveined
- 2 heads cos lettuce, chopped
- ½ small pack cherry tomatoes, sliced
- 1 red onion, finely sliced
- ½ jar piquanté peppers, rinsed and diced
- small bunch parsley, finely chopped

DRESSING

- 4 tbsp extra virgin olive oil
- 1 tbsp lime juice
- pinch of sugar

Directions

1.