



Avocado and Prawn Salad with/on Burgen rolls

Ingredients:

4 Bürgen® Soy-Lin® Rolls
 2 large ripe avocados, peeled and sliced
 12 medium cooked prawns, peeled and deveined
 ¼ bunch fresh chives cut into 2 cm lengths
 ground black pepper

Orange mayp:

4 Tb light mayonnaise
 1 orange rind, finely grated
 ¼ cup fresh orange juice

Preparation:

1. Combine mayonnaise, orange rind and juice in a small bowl.
2. Split rolls and top with avocado slices. Arrange prawns over avocado and drizzle with orange mayonnaise.
3. Garnish with fresh chives and freshly ground black pepper.

Average Nutritional Information per serve	
Energy	1200 kJ
Protein	17.4 g
Fat	7.8 g
- Saturated	1.2 g
CHO	32.8 g
Sugars	5.5 g
Dietary Fibre	7.2 g
Sodium	600 mg