

Chilli prawns with mango salsa

This fresh and spicy dish was been inspired by the pupils at Huish Primary School when they took part in our Young Grower of the Year competition 2015, who we supplied with pepper plants to nurture at home, ready to be judged during The Gardens Group's Chilli Pepper Festival. I was thrilled to get my hands on a one or two specimens from the bumper crops to show the pupils just how versatile peppers can be.

Ingredients (serves 8)

6 tbsp sweet chilli sauce
2 limes, juiced and zested
1 mango, peeled and diced
1 avocado, peeled and diced
Half a red chilli
2 spring onions
600g raw king prawns
Olive sourdough bread

Method

Begin by mixing the chilli sauce with the zest and juice of one lime, using the mixture to cover the prawns before marinating for two hours.

Place the prawns onto your skewers (make sure to pre-soak the skewers first) and then prepare your salsa by combining the mango, avocado, chilli and spring onions with the zest and juice of the second lime.

Cook the prawns on the barbeque for three minutes on each side, serving immediately with some warm sourdough bread and the freshly prepared mango salsa, providing some welcome variety at any garden feast in a matter of minutes... then watch them get devoured even more quickly by your friends and family!

Zoey Rendall, head chef at The Apple Tree Restaurant.