

## Grapefruit, hearts of palm & prawn salad

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Serve this grapefruit, hearts of palm and prawn salad for lunch or as an appetiser.

This prawn salad recipe is low in calories, light and satisfying. Hearts of palm are the tender inner-stem of certain species of palm trees, with a flavour similar to artichokes. Find them near other canned vegetables.

### Ingredients (serves 4)

- 4 red or pink [grapefruit](#), segmented
- 250g peeled, cooked small [prawns](#)
- 1 x 400g can hearts of palm, drained and sliced (found in canned aisle of supermarkets or at specialty food stores)
- ½ cup chopped fresh coriander
- ⅓ cup chopped red onion
- ¼ cup sliced green olives
- ¼ tsp salt

### Method

After segmenting grapefruit, squeeze the juice from the membrane into the bowl. Add prawns, hearts of palm, coriander, onion, olives and salt; stir to combine.

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Serve room temperature or chilled.

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