

Grapefruit, hearts of palm & prawn salad

Search:

- [Salad](#)
- [Seafood](#)
- [Recipes](#)

Grapefruit, hearts of palm & prawn salad

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Grapefruit, hearts of palm & prawn salad



Rate this recipe

0 people are cooking this [Count me in](#)

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.

Grapefruit, hearts of palm & prawn salad

Serve room temperature or chilled.

Browse more [salad recipes>>](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```