

Prawn and mango and pork and water chestnut lettuce cups with a 10-second egg-free miracle mayo

Ingredients

For the mayo

3 tbsp brine from a can of chickpeas
 2 tsp Dijon mustard
 ¾ tsp salt
 ¼ tsp fine white pepper
 2 tbsp white wine vinegar
 250ml/9fl oz neutral oil, such as vegetable oil

For the prawn and mango cups

20 iceberg lettuce leaves, cut into circles (about 10cm/4in wide), or use Little Gem leaves
 5 tbsp miracle mayo (from above)
 1 large just ripe avocado, cut into 20 thin wedges
 10 large cooked prawns, peeled, halved lengthways and black intestinal tract removed
 1 large just-ripe mango flesh, finely diced
 salt and ground black pepper, to taste
 drizzle of lime or lemon juice, to serve
 20 tiny sprigs of soft herbs, such as chervil, basil or tarragon

For the pork and water chestnut lettuce cups

400g/14oz pork or chicken mince
 2 tsp sesame oil
 1 tbsp fish sauce
 1 tbsp soy sauce
 2 tsp fresh root ginger, finely grated
 1 garlic clove, crushed
 2 tbsp vegetable oil
 1 x 225g tin water chestnuts, drained and cut into slivers
 1 white cabbage, thinly sliced
 250g/9oz frozen peas, rinsed under hot water in a sieve to thaw
 125ml/4fl oz oyster sauce
 pinch chilli flakes (optional)
 2 spring onions, thinly sliced
 1 iceberg lettuce, rinsed and dried, to serve
 125g/4½oz roasted peanuts, chopped, to garnish

Method

1. For the mayo, put all the ingredients in a jug and blend using a hand blender until thick and creamy - about 10 seconds. Store in an airtight container in the fridge (it will keep for about 2 weeks).
2. For the prawn and mango cups, arrange the lettuce leaves on a large platter. Top each with a teaspoon of mayonnaise, a slice of avocado and then a prawn half. Scatter with mango, season with salt and pepper, drizzle with lemon juice and top with herbs.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 8-10

Despite using lots of ingredients, these fresh canapés are very easy to make and pretty healthy too! The dairy-free mayonnaise is a winner - but you can use regular mayo if you prefer.

**By Annabel Langbein
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3. For the pork and water chestnut lettuce cups, mix the mince in a bowl with the sesame oil, fish sauce, soy sauce, ginger and garlic. Put to one side while you prepare the other ingredients.
4. Heat the oil in a large wok or heavy-based frying pan. When hot, stir-fry the mince over a high heat, breaking it up to a fine crumb. Cook until it is no longer pink. Add the water chestnuts, cabbage and peas. Stir fry until the cabbage is wilted (2-3 minutes), adding a splash of water if pan is too dry. Remove from heat and stir in the oyster sauce and chilli flakes, if using.
5. Mix in the spring onions. Transfer to a bowl and serve with lettuce leaves to wrap and peanuts to garnish. Serve the prawn and mango cups alongside.

Recipe Tips

For the mayo, black pepper is also fine, but it will leave dark flecks in your mayo which is why white pepper is preferable.