

ITALIAN CELERY and SEAFOOD SALAD

serves 2

This is really refreshing for an August meal

Ingredients 100g (4oz) cooked peeled prawns
 250g (8oz) mussels
 100g (4oz) cooked cockles
 1 large carrot
 2 sticks of celery
 juice lemon
 1 tbs parsley
 extra virgin olive oil
 salt

Method Clean the mussels and clams well in several clean bowls of water to remove the grit. Place them in a large saucepan with a drizzle of olive oil. Place over a high heat and cover with a lid. Steam until they open, about 5 minutes. Drain into a colander, reserving any liquid. When cool remove the flesh from the shells.

Peel the carrots and celery stalks. Using a broad peeler peel thin slices of both vegetable. Cut these into thin julienne and put them in a bowl of iced water.

Toss all the seafood together in a big bowl. Add the drained julienne of carrot and celery. Pour over the lemon juice and a little of the mussel liquid to moisten the salad. Add salt, chopped parsley and the best olive oil you've got. Toss lightly with your hands and serve.