

Tomato and Prawn Lettuce Cups

MAKES 6-8



Excite your taste buds with these deliciously crisp prawn and lettuce cups, great for lunch or as a healthy snack.

INGREDIENTS

2 small gem lettuce
220g cooked peeled prawns

For the dressing

½ lemon
3 tbsp. natural Greek yoghurt
2 tbsp. tomato puree
½ tsp. paprika

ALLERGY ADVICE

Contains seafood & dairy

DIETARY COMPONENTS

Prawns are high in protein which helps to build and repair our bodies.

EQUIPMENT

Spoon measure
Mixing spoon
Mixing bowl
Colander
Juicer
Chopping board
Weighing scales
Serving plate

METHOD

1. Separate the lettuce leaves and put into the colander.
2. Wash the lettuce in cold water.
3. Pat dry with kitchen paper.
4. Wash the prawns in the colander and pat dry.
5. Lay 6-7 prawns in each lettuce leaf.
6. Make the dressing; squeeze the lemon into a mixing bowl.
7. Add the yoghurt and the tomato puree and stir together.
8. Drizzle 2 tsp. of dressing over the prawn.
9. Lightly sprinkle with paprika.

