



TOMATO & LETTUCE PRAWN CUPS – MAKES 6-8

This easy recipe is enriched with vitamins and minerals.
A delicious lunch or snack- Try served with wholemeal bread.



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

ALLERGENS

Contains dairy & seafood

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 prawns.
9. Lightly sprinkle with paprika.