

## Prawn boats

### Ingredients

100g cooked pasta shells  
2 x 15ml spoon sweetcorn, canned  
100g frozen prawns (defrosted)  
2 x 15ml spoon low fat mayonnaise  
1 x 15ml spoon reduced salt and  
sugar tomato ketchup  
1-2 baby gem lettuces



### Equipment

Weighing scales, 15ml spoon, small bowl, kitchen paper, 2 mixing spoons, a plate.

### Method

- 1.Mix the pasta shells, sweetcorn, prawns, mayonnaise and tomato ketchup together.
- 2.Tear the leaves from the baby gem lettuce and wash.
- 3.Pat the lettuce leaves dry with the kitchen paper.
- 3.Spoon the mixture into the leaves.
- 4.Serve.

### Makes:

6-8 boats

### Suggestion:

Create sails for your boats by threading cocktail sticks through thin strips of cucumber!