

Splendid seaside salad



* 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, 2 mixing spoons,
1 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. Spoon the mixture into the leaves.
4. Serve.

* Handy hints

- Why not make the lettuce leaves into boats? Use a cocktail stick and strips of cucumber!
- Why not add some dill to your salad? Simply tear some small sprigs from a bunch of dill and add it in with the layers – delicious!

Makes 6-8