

Tropical prawn rice

Ingredients

- 2 spring onions
- ½ red pepper, deseeded
- 2 pineapple rings
- 1 small handful coriander
- 300g cooked rice, cooled
- 100g prawns
- 1 x 15ml spoon of low fat dressing



Equipment

Chopping board, kitchen scissors, mixing bowl, spoon.

Method

1. Snip the spring onions into the mixing bowl.
2. Cut the pepper into sticks and then snip into small pieces.
3. Snip the pineapple rings into small chunks.
4. Tear the coriander leaves into the bowl.
5. Add the rice and prawns.
6. Pour over the dressing.
7. Mix everything together thoroughly.
8. Serve.

Serves:

4 children

Suggestions:

Serve with a green salad or other dishes as part of a buffet!