

RECIPES – LUNCH

PRAWN COCKTAIL

4 LEVEL 4/PUREED **5** LEVEL 5/MINCED & MOIST **6** LEVEL 6/SOFT & BITE SIZED

Ingredients:

20g cooked and peeled prawns
1 teaspoon mayonnaise
1 1/2 teaspoon of tomato ketchup
20g peeled cucumber
5g watercress & rocket leaf or fresh spinach
20g ripe tomatoes
1 teaspoon of ketchup
Resource® ThickenUp™ Clear
Salt and pepper to season
A pinch of paprika to garnish the top



Instructions:

1. Place the peeled cucumber, watercress and rocket in a blender. Blend until smooth. Season with salt and pepper
2. Add the Resource® ThickenUp™ Clear to get the desired consistency (Level 4/Puréed)
3. Remove the seeds from the tomatoes with a spoon
4. Place the tomatoes in the blender and blend until smooth. Then pass through a sieve to remove pips and skin
Add 1 tsp of ketchup and season
5. Add the Resource® ThickenUp™ Clear and mix until you get a Level 4/Puréed consistency
6. Place the prawns, mayonnaise and the remaining ketchup in a blender and blend until smooth, season if required
7. Using a small glass place the cucumber mix in the bottom
8. Add the tomato mix for the next level
9. Place the prawn mix on the top and level off
10. Add a sprinkle of paprika to the top if you would like, this can be omitted if it causes coughing or irritation