

## Pain Free Prawn Cocktail

I recently made the greatest 70's starter ever, which is, Prawn Cocktail, and more importantly my Pain Free Prawn Cocktail. This is simple and really easy to make and was ideal to be the starter to my Store Cupboard Mushroom Stroganoff.



### Ingredients

- 3 Tbs Mayonnaise
- 1 Tbs Tomato Ketchup
- Bag of Cooked Prawns
- Iceberg Lettuce
- Tabasco Sauce
- Avocado
- Vine Cherry Tomatoes
- Salt and Pepper

### Also Needed

- Bowl
- Knife
- Table Spoon

### Method:

- 1** In a bowl place 3 Tbs of Mayonnaise, then stir in 1 Tbs of Tomato Ketchup (add more or less to get that great Marie Rose Sauce taste).
- 2** Add splashes of tobacco sauce to pep it up a little bit, if you don't like spice leave it out – if you do... add more, you know the score!
- 3** Season with Salt and Pepper and then add the prawns, make are they are defrosted if they were frozen.
- 4** Take the stone out of the avocado and chop into small pieces, mix with the prawns and sauce.

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- 5** Shred the lettuce and place on the plate, one on the plate spoon over the prawn and avocado.

