

Gill's Gourmet Gallery

Melon & prawn cocktail

Serves 4

Ingredients:

2 small cantaloupe melons
200g prawns defrosted if frozen (or head/tail
& remove shells of fresh prawns)
6 tablespoons salad cream
2 tablespoons tomato ketchup
Dash of Tabasco sauce
Small tin pineapple pieces (drained)

Method:

Wash the melons in cold water.
Slice in half & remove the seeds.
Place in the fridge to cool.
Mix together tomato ketchup, salad cream & Tabasco sauce.
Place prawns & pineapple in a bowl, cover with the dressing and stir.
Spoon into the cool melon.
Garnish with mint.
Serve with triangles of wholemeal bread & butter.

