

## 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

Kitchen scissors, mixing bowl, chopping board, spoon

### Method

1. Snip the spring onions into the mixing bowl.
2. Cut the pepper into sticks and then snip into small pieces using the scissors.
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.
8. Serve

### Serves:

4 children.

### Suggestions:

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