

Spiced Crayfish & Prawn Cocktail

With lettuce, cherry tomatoes, cucumber and a wedge of lemon



Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 201G SERVING	%RI
Energy(Kj)	740 kJ	9%	1488 kJ	18%
Energy(kcal)	179 kcal	9%	359 kcal	18%
Fat	15 g	21%	31 g	44%
of which saturates	1.1 g	6%	2.2 g	11%
Carbohydrate	5.2 g	2%	10 g	4%
of which sugars	3.6 g	4%	7.2 g	8%
Fibre	0.6 g	2%	1.2 g	5%
Protein	4.8 g	10%	9.7 g	19%
Salt	0.61 g	10%	1.2 g	20%
HFSS Rating	-1 points			

CONTAINS:



EGGS



CRUSTACEANS

Recipe Ingredients ...

Quantity:	Description:
30g	30814 M&J Seafood Medium Cold Water Prawns (24 May 2023)
50g	89703 Sysco Classic Real Mayonnaise
10g	116333 Lion Tandoori Ketchup
1g	134289 Sysco Classic Smoked Paprika - BRAKES
30g	10332 Lettuce Little Gem
25g	114218 - 114218 Lemons - BRAKES Each
10g	10230 Cucumber
15g	10364 - 10364 Red Cherry Tomatoes - BRAKES Each
30g	34464 Crayfish Tails (cooked) - BRAKES

Cooking Instructions & Notes

Mis en Place / Prep:

- M&J Seafood Medium Cold Water Prawns (cooked & peeled) - Defrost
- Crayfish Tails (cooked) - Defrost
- Little Gem Lettuces - Wash & cut into slices lengthways
- Lemons - Cut into 6 wedges
- Cucumber - Cut in half and slice on the angle
- Red Cherry Tomatoes - Cut in half

Method:

- Mix together the mayo & ketchup to make the cocktail sauce
- Add the prawns & crayfish tails to the sauce, mix well
- Place the gem lettuce onto your chosen dish/bowl
- Next add the cocktail mix, cucumber, cherry tomatoes and sprinkle with the paprika
- Finish with a lemon wedge and serve