



## Salmon Boats

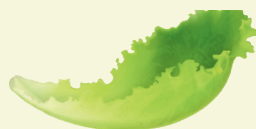
### You will need

- Grater
- Spoon
- Peeler
- Serving plate
- Colander or small sieve
- Scissors



### Ingredients

- Baby gem lettuce
- Tin of salmon
- Tablespoon of mayonnaise
- 1 carrot
- Optional - Fresh Herbs  
eg - Handful of washed dill or chives



### How to make:

- Cut the hard end (core) off the lettuce, this will allow the leaves to separate.
- Gently rinse the lettuce leaves under cold running water then shake or dry excess water off with a paper towel.
- Wash fresh herbs and cut or tear into smaller pieces.
- Wash, peel and grate the carrot.
- Drain the salmon and put into a bowl, add the mayonnaise and grated carrot then mix together.
- Hold the lettuce leaf then spoon the salmon and carrot mixture on top.
- Decorate with chopped dill or chives.

For more easy,  
low cost recipes

