
BLUE CRAB & AVOCADO SALAD

1 portion

INGREDIENTS

Crab Meat - 85gr | Avocado - 100gr | Asparagus - 40gr | Sweet Corn - 30gr | Coconut Puree - 10gr | Coconut Flakes - 2gr | Chilli Oil - 5gr | Lime juice - 6ml | Yoghurt - 50gr | Extra Virgin Olive Oil - 10ml | Parsley - 30gr | Carrot – 1 small piece | Garlic – 1 clove | Salt & Pepper | Dill, Basil & Chives for plating

PREPARATION

1. Cook the crab for 8 minutes in an aromatic boiled water made with the carrot, parsley, garlic and salt.
2. Blanch the asparagus, spinach and sweet corn.
3. Peel half of the avocado and small cubes. Marinate that with lime juice, chili oil, coconut puree, salt & pepper.
4. After all cooked Ingredients have cooled down, start cleaning the crab. All ingredients should remain separate until this point.

THE AVO PUREE

1. Mash the other avocado half with a little bit of lemon juice and extra virgin olive oil.
2. Add the yoghurt, salt and pepper.

ASSEMBLY

1. First layer: Boiled spinach, the marinated cubes of avocado, little bit of crab meat.
2. Second layer: Use the chunky part of the crab, mix it with coconut flakes, asparagus and fresh spinach leaves.
3. To finish place the avocado puree on top of the salad and then decorate with fresh herbs like dill, basil and chives.