

Cheesy Crab in Avocado

Serves: 1
Prep time: 10 Minutes
Cooking time: 15 Minutes

Ingredients:

Sauce

15g butter, melted
2 heaped teaspoons plain flour
¼ cup cream
¼ cup milk
2 teaspoons chipotle sauce
pinch curry powder
2 teaspoons mayonnaise

- 1 a
- avocado, halved
- 2 teaspoons lemon juice
- 1 green shallot, sliced, white only
- 140g tub fresh crab meat ***see note**

Method:

Sauce:

- In a small saucepan add flour to the melted butter and stir to a paste. Remove from heat and gradually add milk and cream. Return to heat and slowly bring to boil, keep stirring while sauce thickens. Add chipotle sauce, curry powder and mayonnaise, stir to combine
- **Preheat oven 180°C**
- Cut avocado in half, remove seed, scrape some avocado out making the hole a little larger
- Combine scooped avocado, the crab meat, shallots and lemon juice and pile over the avocado
- Pour the sauce over the crab mixture, top with parmesan cheese
- Place on a wire rack over a baking tray of hot water and bake in the oven for 10 minutes or until golden in colour and heated through
- **Serve and Enjoy**

Note: You can purchase fresh crabmeat tubs at your local supermarket, in the deli section.

This recipe was adapted from my first ever Australian Women's Weekly cookbook "The Best Ever" and is still a favourite



Indulge in this deliciously cheesy delicacy, so yummy