Crab, avocado and red chilli salad



Ingredients

4

- 4 king crab claws (raw)
- 4 avocados
- 2 cucumbers
- 10 g Bresc Red chilli puree
- 50 g Bresc Alioli pimiento
- 25 g Bresc Beemster garlic puree
- 1 lemon
- 1 head baby romaine lettuce
- 150 g small roma tomatoes
- 1 shallot
- 1 Granny Smith apple
- 2 stalks spring onion
- olive oil
- salt and pepper
- 0.5 dl French dressing

Used Bresc products



Bresc Dutch garlic Beemster garlic puree 450g



Bresc Red chilli puree 450g

Preparation method

Wash and dry the baby romaine lettuce. Drop the tomatoes in boiling water, then in iced water, remove the skins and marinate them in a little salt, pepper and olive oil. Save the water used for blanching the tomatoes and add a little extra salt to it. Put the crab claws in the water and bring to the boil. Turn off the heat. Leave the crabs to cool in the water, then cut them open. Remove the meat carefully. Loosen the leaves of the baby romaine lettuce. Peel the cucumber and chop into sticks. Cut the spring onion into rings. Chop the shallot and cut the apple into brunoise. Pull the meat and flavour it with the apple, shallot, red chilli puree and the alioli. Slice the avocado and marinate them too. Assemble the salad and pour the French dressing over it.

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