

Salads

AVOCADO, GRAPEFRUIT AND CRAB SALAD



- 1 Pink grapefruit
- 2 Avocados
- 2 Tablespoons extra virgin olive oil
- ½ Tablespoon balsamic vinegar
- Sea salt
- Freshly ground black pepper
- 120 g Fresh white crabmeat, picked over
- A squeeze of lemon juice
- ½ Punnet mustard and cress

Cut the skin and white pitch off the outside of the grapefruit. Working over a bowl, run a small sharp knife between the segments to remove them, discarding the pitch between. Drain off any juice from the bowl before the next stage. Quarter the avocados and remove the stone. Peel and slice the quarters in half lengthwise and add these to the bowl with the grapefruit. Drizzle over the oil and balsamic vinegar, season and gently toss. In another bowl toss the crabmeat with a squeeze of lemon and a little seasoning. Arrange the avocado and grapefruit on four small plates, place a pile of crabmeat in the centre, with a small bunch of mustard and cress on top.
