

Starters

AVOCADO SHELLS WITH MANGO AND CRABMEAT



A quick and easy avocado lunch-time boost

Preparation time: 10 minutes

Serves: 4 as a light lunch

2 avocados, halved and pitted
170g Goldcrest Crabmeat, drained
100g Goldcrest Mango Slices, chopped
2 tbsp Peppadew Diced Sweet Piquanté Peppers

Loosen crabmeat with a fork and mix gently together with mango and Peppadew Diced Sweet Piquanté Peppers.

Cut the avocados in half and remove the stone. Spoon out half the avocado flesh, chop and add to the crabmeat mixture.

Spoon the crabmeat mixture into the avocado shells and eat immediately.

Goldcrest Crabmeat, Goldcrest Mango Slices and Peppadew Diced Sweet Piquanté Peppers are available from leading supermarkets and retailers nationwide.
