

Crab & Asparagus Salad



Ingredients & Prep

40 Asparagus spears trimmed
300 g White crab meat cooked in chunks
120 g Rocket
100 g Cucumber thinly sliced

Dressing

50 g Crème fraiche
1 tbsp Wholegrain mustard
1 tbsp Lime juice
2 tbsp Brown crab meat
pinch Salt

Suggestion & Tips

Excellent with crusty bread.

Recipe By FoodieBook

Ref: 344

Heading: Salads

Cuisine: French

Food Type: Seafood

No of Portions: 4

Method

Step 1 - In a sauce pan drop the asparagus into salted boiling water & boil for 2 to 3 mins or until just cooked, drain & allow to cool.

Step 2 - Place dressing ingredients in a bowl & whisk together.

Step 3 - Take a serving dish, add rocket, cucumber & asparagus, then dress it with dressing, mix in carefully with clean hands.

Step 4 - Sprinkle over white crab meat & serve.