



# Recipe



by MELISSA FROHLOFF

## Seafood cocktail with yoghurt sauce

### Ingredients

#### Yoghurt sauce

- 200g pot set Greek yoghurt
- 2 tbsp Worcestershire sauce
- 1 tbsp tomato paste
- 1 tbsp lime juice
- 1 tbsp chopped dill
- 2 tbsp low-fat mayonnaise
- Dash of Tabasco sauce

#### Seafood cocktail

- 2 Lebanese cucumbers, diced
- 1 large vine-ripened tomato, diced
- 2 green shallots, sliced
- 12 green banana prawns, peeled but with tails intact
- 350g crab meat
- Dill sprigs and lime wedges to garnish

### Method

1. To make the yoghurt sauce, combine yoghurt, mayonnaise, tomato paste, Worcestershire sauce, lime juice, dill and Tabasco sauce in a bowl.
  2. Pan fry prawns. Remove from pan and refrigerate to cool.
  3. Divide cucumber, tomato and shallots between four serving glasses. Use half to create first layer.
  4. Add crab meat and cover with yoghurt sauce.
  5. Add the final layer of salad mix and remaining crab meat.
  6. Top each glass with three pan-fried banana prawns.
  7. Garnish with a small amount of cocktail sauce and dill.
  8. Serve with extra sauce and lime wedges
- Serves four.

**Tip:** This recipe requires a minimum of 500g of seafood. You can give this seafood cocktail a twist by adding extra seafood of your own liking.