



APPETITE 4 THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Stuffed crab shells

Ingredients

- 4 cooked sand crabs
- 150g cooked prawns, chopped
- 1 long fresh red chilli, deseeded and thinly sliced
- 2 baby cucumbers, thinly sliced
- 120g leaf blend
- 50g bean sprouts

Dressing

- 3 tbsp mango and chilli sauce (see previous Appetite 4 The Wild recipe on bnbfishing.com.au)
- 2 tbsp special burger sauce (Coles brand)
- 1 tbsp freshly squeezed lime juice

Method

1. Separate top shells from crabs and clean the crabs, reserving the shell. Remove claws and legs. Peel the meat from the bodies of the sand crabs and set aside.
2. Put crab meat and prawns in a bowl and combine dressing, then set aside in refrigerator.
3. Arrange leaf blend, cucumber, sprouts and chilli on a serving plate.
4. Turn sand crab shells upside down. Stuff crab shells with seafood mix and place the stuffed crabs on salad plate to serve.

Tip

Serve the remaining crab claws and legs as a fresh side dish.

Prep time: 30 min | Serves 4