



Crab, avocado and brie bake

Crab, avocado and brie bake is a delicious, satisfying and wholesome meal. I used to eat this with my Dad when he came to visit at our local pub in Surrey. I've added a few spices and lime zest and juice to liven it up a little. Serve with new potatoes and a fresh, green salad. If you want to add creaminess to the finished dish, add a few spoonfuls of Greek yoghurt.

Ingredients: Serves 4

Serves 4 as a main course	Pinch chilli flakes
300g crab meat	Handful of fresh coriander
4 avocados, crushed	Black pepper
1 tsp ground cumin	Slices of brie to cover the top of each bake
1 tsp ground garam masala	
Zest and juice of 1 lime	

Method:

Preheat the oven to 180°C/350°F, Gas 4.

In a large bowl, mix the crushed avocado, cumin, garam masala, coriander, chilli flakes, zest and juice of the lime together.

In a one-portion oven-proof bowl, place a layer of the avocado mix on the bottom, layer ¼ of the crab on top of it, layer a few slices of brie to cover the crab entirely. Repeat for a further three bowls.

Sprinkle with a little freshly grated black pepper and bake for approximately 15 minutes until the brie has melted and started to brown.

Serve with new potatoes and a fresh green salad, or chunky chips if you're feeling really decadent!