Crab, Grapefruit and Avocado Crispbread Plates

2 cold lunch plates · Active 25 min · Total 25 min

Skills: Confident beginner

Ingredients

• 2 small shelf-stable cans crab meat, drained and checked for shell, yielding 7 oz total (200 g)

• 1/4 cup thick plain yogurt (60 g)

• 1 teaspoon Dijon mustard (5 g)

• 2 teaspoons lime juice (10 ml)

• 1/4 teaspoon black pepper (0.5 g)

• 1 large pink grapefruit, peeled and segmented (200 g prepared flesh)

• 1 small avocado, peeled, stoned and sliced (100 g prepared flesh)

• 2 cups arugula, washed and dried (40 g)

• 8 rye crispbread sheets (80 g total), to serve

Set out

Can opener, Small sieve, Small mixing bowl, Sharp knife and board, Two plates

Allergens

Crustacean shellfish, Milk, Mustard, Rye; many crispbreads also contain wheat—check label. Check labels and substitutions.

Make it

1. Open and drain the crab, checking carefully for shell fragments. Mix yogurt, mustard, lime juice and pepper in the bowl, then fold in the crab gently. Refrigerate while preparing the fruit.

2. Peel and segment grapefruit over a small bowl, removing membranes and keeping the segments separate from their loose juice. Slice avocado just before serving.

3. Divide arugula, grapefruit segments, avocado and crab mixture between two plates. Put four crispbread sheets beside each plate.

4. Add small amounts of the chilled toppings to the crispbread as you eat. If preparing for later, pack each wet component separately, cover and refrigerate promptly; keep crispbread dry.

Open only what you can chill

Plan the meal before opening the cans. A small refrigerator should have room for the dressed crab before you prepare it, even when the original cans were shelf-stable.

A useful detail

Use the drained weight to judge how many small cans you need. A can’s gross weight includes packing liquid and does not necessarily equal the amount of crab in the recipe.

Keep it well

Refrigerate dressed crab promptly at 40°F/4°C or below and use within 24 hours or the crab package’s shorter limit. Keep cut fruit and avocado chilled and use within 1 day for best texture. Carry perishables with two cold sources, and keep crispbread separate and dry. Discard perishable food left beyond 2 hours at room temperature, or 1 hour above 90°F/32°C.