



Crab & Avocado Tostadas



Ingredients

Serves 4

- 8 Corn Tortillas # 292964
- 1 Avocado # 292002
- Lime or Lemon Juice, For Tossing # 096278 or # 096258
- 4-6 tbsp. Sour cream # 192004
- 9-10oz /250-280 g cooked Crabmeat # 252119
- ½ Lime # 424500
- ½ fresh green chili, such as jalapeno, seeded and chopped or thinly sliced # 443485
- 1 Ripe Tomato Seeded and Diced # 466115
- ½ small Onion, finely Chopped # 444045
- 2tbsp. Chopped Fresh Cilantro #468260
- Salsa of your choice, to serve (optional)
- 1 leaf of Romaine Lettuce #436420

Method

Deep-fry the corn tortillas. Cut the Avocado in half around the pit.

Twist apart, and then remove the pit with the knife. Carefully peel off the skin from the avocado, slice the flesh, and toss in lime juice to prevent discoloration.

Spread one tortilla with sour cream. Top with Crabmeat, a squeeze of lime,

and a sprinkling of chili, tomato, onion, chopped romaine, cilantro, and avocado, adding a generous spoonful of salsa, if desired.



Spicy Broiled Salmon



Ingredients

Serves 4

- 4 Salmon Steaks, about 6-8oz- 225g each
- Marinade
- 4 garlic cloves # 470010
- 2 tbsp. extra virgin olive oil # 114040
- Pinch of ground cinnamon # 140076
- Juice of 2 limes # 414500
- 1-2 tbsp. marinade from chipotle chili sauce # 063020
- ¼ tbsp. ground cumin # 140106
- Pinch of sugar # 018925
- Salt & pepper
- Lime slices, to garnish
- 1 Tomato Roma # 466105

Method

To make the marinade, finely chop the garlic and place in a nonmetallic bowl with oil, allspice, cinnamon, lime juice, chipotle sauce, cumin and sugar.

Add salt & pepper to taste and stir to combine.

Coat the salmon with garlic mixture, and then transfer to a large nonmetallic dish. Cover with plastic wrap and let marinated in the refrigerator for 1 hour.

Preheat the broiler to medium. Transfer the salmon to a broiler pan and cook under the hot broiler for 3-4 minutes on each side, or until cooked through.

Alternatively, cook the salmon over hot coals on a grill until cooked through. Cut the tomatoes in half, brush those with olive oil and garlic and then grilled them at a high temperature for about 15 seconds.

Serve the salmon and enjoy this delicious meal.