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CLASSIC CRAB SPREAD (serves 4)

Served with lemon wedges, lettuce and French bread

Ingredients:

2 cloves of garlic
400g (14oz) canned or bottled red peppers, drained
6 tablespoons reduced-calorie mayonnaise
340g (12oz) fresh white crab meat
large pinch of paprika
black pepper
lemon wedges, lettuce leaves and French bread



Method:-

- 1) Preheat the grill to medium. Peel the garlic cloves with a small, sharp knife and put onto the grill rack. Grill for 2 minutes, turning once, until the cloves are golden on both sides.
- 2) Put the garlic and red peppers into a blender or food processor and process until smooth.
- 3) Mix the pureed red pepper mixture with the mayonnaise, crab meat, paprika and black pepper. Serve with lemon wedges, lettuce and French bread.

Enjoy your meal!

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