



Recipe Page

COLOURFUL SEAFOOD SALAD (makes 4 salads)

Ingredients:

100g (4oz) French beans, trimmed
1 small lettuce, divided into leaves
6 bottled or canned palm hearts
8 cherry tomatoes, halved
4 cooked red potatoes
12 black olives
225g (8oz) flaked fresh crab meat
2 hard boiled eggs, quartered



Method:-

- 1) Put the beans in steamer over a pan of boiling water. Cover and steam for 6 - 8 minutes, or until tender. Drain. Rinse under cold water. Drain again. (Alternatively boil for 5 minutes).
- 2) Arrange the lettuce leaves on 4 plates. Slice the palm hearts.
- 3) Arrange the sliced palm hearts, tomatoes, potatoes, olives, crab meat, beans and eggs over the lettuce leaves.
- 4) Spoon a dressing over the crab and serve.

Enjoy your meal!

Underwoods Shellfish Ltd

Unit 9, New Fisheries Complex, Lockyer Quay, Plymouth PL4 0LH, United Kingdom

T: +44 (0)1752 665 835 F: + 44 (0) 1752 665 889

E: sales@underwoodshellfish.com

W: www.underwoodshellfish.com