

GOOP



Summer Salads

Avocado & Crab With Marie Rose Sauce

Serves: 4

Time: 10 minutes

ingredients

- 8 ounces fresh jumbo lump crab meat
- 1 lemon, cut in half
- coarse salt
- freshly ground black pepper
- 1/3 cup Veganaise or your favorite mayonnaise
- 1 tablespoon ketchup
- 1 small shallot, finely grated
- 2 avocados, cut in half, pits discarded

preparation

In a medium bowl, squeeze the juice from one half of the lemon over the crab and stir to combine with a large pinch of salt and a few grinds of black pepper. Whisk the Veganaise, ketchup and shallot together in a large bowl and fold in the crab, being sure not to break it up too much. Fill each avocado half with a quarter of the crab salad. Cut the remaining lemon into wedges and serve alongside the stuffed avocados.