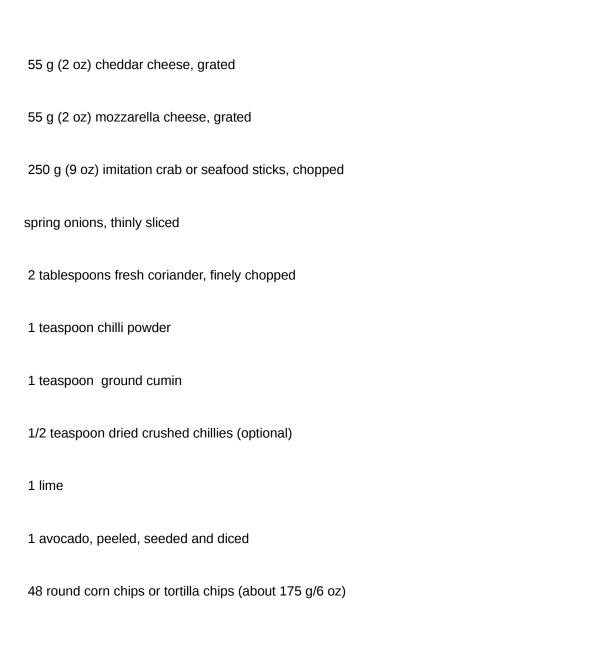


## The Pampered Chef <sup>®</sup> Mexicana Crab Nachos Recipe



Preheat oven to 190°C/375°F/Gas 5. Grate cheeses using Deluxe Cheese Grater. Chop crab sticks using Food Chopper. Using Chef's Knife, thinly slice spring onions and
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finely chop coriander. Combine cheeses, crab, spring onions, coriander and spices in **Classic Batter Bowl**. Finely zest half the lime using the **Lemon Zester/Scorer**. Add to bowl; mix well.

- 2. Peel and remove seed from avocado using **Avocado Peeler**, dice flesh using **Utility Knife**; place in **Small Batter Bowl**. Cut lime in half, squeeze juice from half of the lime using **Juicer**; pour over avocado. Mix gently allowing juice to coat avocado; set aside.
- 3. Arrange chips in a single layer, slightly overlapping, on **Medium Bar Pan**, leaving 4 cm (11/2 in) space round edges of stone. Sprinkle crab mixture evenly over chips. Bake 12-15 minutes or until cheese is just melted. Remove nachos from oven; garnish with avocado. Serve hot.

Yield: Serves 12

Per serving: Energy 541 kJ (129 kcal); protein 6 g; carbohydrate 10 g; fat 8 g; fibre 1,2 g; sodium 0,3 g

Cook's Tip: Crab mixture, excluding avocado, can be made 1-2 hours in advance. Cover and refrigerate until ready to use.

**Tool Tip:** To prepare avocado, slice in half lengthways using **Avocado Peeler**. Slip the bevelled tip under the seed, and discard. Slide blade between flesh and peel of avocado.