



**The Pampered Chef®
Mexicana Crab Nachos
Recipe**

55 g (2 oz) cheddar cheese, grated

55 g (2 oz) mozzarella cheese, grated

250 g (9 oz) imitation crab or seafood sticks, chopped

spring onions, thinly sliced

2 tablespoons fresh coriander, finely chopped

1 teaspoon chilli powder

1 teaspoon ground cumin

1/2 teaspoon dried crushed chillies (optional)

1 lime

1 avocado, peeled, seeded and diced

48 round corn chips or tortilla chips (about 175 g/6 oz)

1. 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 (1 1/2 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.

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