

Krabbencocktail mit Avocado

862

Typ: Vorspeise

Quelle: BBC-Food

Bemerkungen: Quick prawn cocktail with avocado

This is a cheaty prawn cocktail that serves one, but can easily be doubled or trebled

Zutaten

- 1 lemon, juice only
- 3 king prawns, peeled and de-veined
- 1 tbsp tomato ketchup
- ¼ tsp Tabasco sauce
- 2 tbsp Greek yoghurt
- ½ lime, juice only
- ½ avocado, stone removed
- 1 sprig fresh dill, to garnish

Rezept:

1. Fill a small saucepan with water and bring it to a simmer.
2. Add half of the lemon juice and the three king prawns and reduce to a low simmer.
3. Poach the prawns for three minutes or until cooked all the way through. Remove the pan from the heat and leave to cool.
4. In a small bowl, mix the remaining lemon juice, tomato ketchup, Tabasco sauce, Greek yoghurt and lime juice until well combined.
5. When the prawns are cool, drain them and chop roughly. Stir the chopped prawns into the yoghurt mixture.
6. Spoon the prawn and yoghurt mixture into the cavity of the avocado.