

CRAB, AVOCADO AND CHILLI MAYO MULTI-SEED ROLLS



TAKES APPROX
SERVES 4
15 MINUTES

INGREDIENTS

1 pack Paul Hollywood Ready
To Bake Multi-Seed Rolls
50g brown crab meat
100g white crab meat
2 tbsp mayonnaise

½ juice of lemon
1 red chilli, deseeded and diced
2 tbsp fresh parsley, chopped
10g fresh spinach
1 avocado, sliced

METHOD

1. Preheat the oven and bake the Multi-Seed rolls according to the pack instructions.
2. Add 25g of the white crab meat to a bowl with all of the brown crab meat.
3. Add the mayonnaise, lemon juice, red chilli and parsley to the bowl and mix with the crab meat.
4. Once the rolls are baked, slice in half and layer on some spinach leaves to the base of the roll.
5. Spoon on the crab mayo mix on top of the spinach before topping with the sliced avocado and the remainder of the white crab meat.

Paul Hollywood