



Crab mayonnaise with Melba toast & herb salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg yolk
- ☐ 1 tbsp dijon mustard
- ☐ 200 ml olive oil (not extra virgin)
- ☐ 1 lemon zest
- ☐ 300 g crab meat white
- ☐ 2 slices sandwich bread white thick
- ☐ 1 large handful parsley

- ☐ 1 large handful tarragon
- ☐ 1 large handful chervil
- ☐ 1 shallots sliced into thin rings
- ☐ 1 tbsp brine-packed olives in brine drained
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp red wine vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ To make the crab mayonnaise, put the egg yolk and mustard in a medium bowl and whisk together.
- ☐ Add a drop of the oil and whisk until completely combined. Gradually add the oil, a drop at a time, then in a thin trickle, whisking continuously until you have a thick mayonnaise.
- ☐ Whisk in the lemon zest and juice, stir in the crabmeat and season to taste. This mix can be made a few hours ahead and kept in the fridge.
- ☐ For the Melba toast, heat the grill to high.
- ☐ Place the bread on a baking sheet and toast on both sides until lightly browned.
- ☐ Cut the crusts off the toast, then carefully cut through the middle of each slice horizontally to give you 2 thin slices.
- ☐ Cut each of these into 4 triangles.
- ☐ Put the triangles, untoasted-side up, on the baking sheet and place back under the grill to brown if they curl up slightly, all the better. The toast can be made a day ahead and kept in an airtight container.
- ☐ Assemble the herb salad just before serving: put all the herbs in a bowl, add the shallot and capers, then dress with olive oil and vinegar. Toss everything together until well mixed and youre ready to serve. See our step-by-step guide to plating up..

Nutrition Facts



PROTEIN 11.51% FAT 82.69% CARBS 5.8%

Properties

Glycemic Index:59.69, Glycemic Load:4.74, Inflammation Score:-5, Nutrition Score:19.263478232467%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 555.14kcal (27.76%), Fat: 51.41g (79.1%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 7.23g (2.63%), Sugar: 1.31g (1.45%), Cholesterol: 80.1mg (26.7%), Sodium: 841.86mg (36.6%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.09g (32.19%), Vitamin B12: 6.84µg (113.96%), Selenium: 34.17µg (48.81%), Vitamin E: 7.25mg (48.32%), Vitamin K: 46.15µg (43.95%), Copper: 0.72mg (36.23%), Zinc: 4.77mg (31.81%), Phosphorus: 206.49mg (20.65%), Folate: 58.92µg (14.73%), Magnesium: 45.43mg (11.36%), Vitamin C: 9.29mg (11.26%), Iron: 1.64mg (9.09%), Vitamin B6: 0.18mg (8.79%), Manganese: 0.16mg (8.2%), Calcium: 81.52mg (8.15%), Vitamin B1: 0.12mg (7.85%), Vitamin B3: 1.51mg (7.55%), Potassium: 227.35mg (6.5%), Vitamin B2: 0.1mg (5.7%), Vitamin B5: 0.5mg (5.02%), Vitamin A: 196.04IU (3.92%), Fiber: 0.89g (3.55%), Vitamin D: 0.24µg (1.62%)