



Crunchy crab parcels

READY IN



55 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small potatoes cut into quarters
- ☐ 85 g butter
- ☐ 50 ml single cream
- ☐ 2 spring onion for serving
- ☐ 300 g crab meat mixed white
- ☐ 12 sheets dough

Equipment

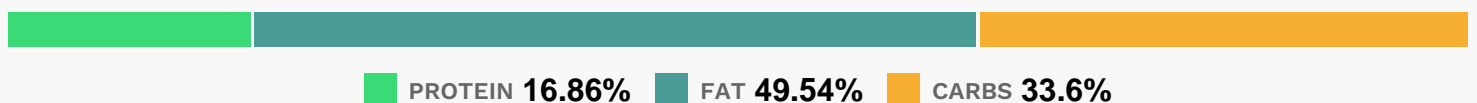
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ kitchen towels
- ☐ potato ricer

Directions

- ☐ Boil the potato for 15 mins until soft. Meanwhile, place 25g of the butter and all of the cream in a heavy-based pan and bring to the boil. Slice the spring onions, separating the green and white parts, then add the white slices to the boiling liquid and cook for 1–2 mins to soften. Pass the cooked potato through a ricer or sieve to a really fine mash, then add to the pan and mix everything together. Set aside to cool.
- ☐ Add the crabmeat and sliced green bits of spring onion to the potato mixture and stir together. Melt the remaining butter. Unwrap the filo pastry and cover with a clean, damp tea towel to prevent it drying out.
- ☐ Brush melted butter over one sheet, place another on top and brush again with butter. Then add a final sheet of filo.
- ☐ Cut the filo sheets lengthways into 3 long strips. Then cut each strip in half across the middle.
- ☐ Place a teaspoon of the crab onto the bottom right-hand corner of each filo strip. Fold the filo over to make a triangle, then fold again, rolling up the strip. When the mixture is enclosed and you have a neat triangle shape, place on a baking sheet and brush with more butter. Can be made ahead up to this point and frozen for up to 1 month.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Cook the rolls for 15–20 mins until golden and crisp. To serve, pile the parcels up on a plate or bowl, then scatter over with extra sliced spring onion, if you like.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:2.9013043645283%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 60.97kcal (3.05%), Fat: 3.34g (5.14%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.08g (0.09%), Cholesterol: 12.16mg (4.05%), Sodium: 139.57mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin B12: 0.91µg (15.14%), Selenium: 5.47µg (7.81%), Copper: 0.11mg (5.34%), Zinc: 0.66mg (4.39%), Vitamin B1: 0.05mg (3.4%), Phosphorus: 32.83mg (3.28%), Folate: 12.66µg (3.16%), Manganese: 0.05mg (2.48%), Vitamin B3: 0.49mg (2.43%), Vitamin C: 1.98mg (2.4%), Vitamin B2: 0.04mg (2.1%), Vitamin K: 2.2µg (2.09%), Iron: 0.36mg (2%), Vitamin A: 98.35IU (1.97%), Magnesium: 7.68mg (1.92%), Vitamin B6: 0.04mg (1.75%), Potassium: 54.4mg (1.55%), Fiber: 0.29g (1.16%)