



## Crab Bruschetta



### For 4 people:

- 1 baguette Au Pain Doré
- 20cl olive oil
- 30cl avocado oil
- 2 cloves of garlic
- 400 g canned, frozen or fresh crab meat (already blanched)
- 160 g tomatoes
- 160 g soybeans or fava beans
- 160 g avocado
- Wild arugula
- Sea salt and pepper
- Tabasco

### Preparation:

- Brush baguette with garlic and olive oil and toast in oven (allotting  $\frac{1}{4}$  baguette per person);
- Peel, seed and dice the tomatoes;
- Blanch the soy or fava beans and peel them, then add to the tomatoes;
- Dice the avocado and add a splash of lemon juice.
- Mix the crab meat with the tomatoes, beans and avocados.
- Season with freshly ground pepper and coarse sea salt.
- Add a few splashes of Tabasco sauce to taste.
- Add olive oil, avocado oil and lemon juice.
- Spread the crab mixture on the baguettes and serve with wild arugula.

And that's it. Bon appétit!