

Friseline, pineapple and mango crab salad

Preparation

- 1- Peel the mango, pineapple and avocado. Cut it into cubes.
- 2- Spray the avocado, mango and pineapple with lemon juice to avoid blackening
- 3- Peel the cucumber and cut it into cubes.
- 4- Cut Friseline finely.
- 5- In a bowl, mix the vegetables, fruits, crab and Friseline.
- 6- Season it with vinaigrette.

For 4 persons

- 3 Friseline
- 200 g of Fresh crab
- ¼ of Pineapple
- ¼ of Mango
- 1 Avocado
- ½ Lemon juice
- 150 g of Cucumber

Green lemon and coriander sauce

- Lime juice
- ¼ of a cut Coriander bunch
- 6 tablespoons of Sunflower oil
- Salt and pepper