

# BÜRGEN® RECIPES

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## Crab, Avocado and Lime Sandwich

### Ingredients:

- 2 slices Burgen® Wholemeal & Seeds Bread
- 1 small can crab meat
- 1 tbsp low fat mayonnaise
- 1 tsp lime zest
- 1 tsp lime juice
- Coriander leaves, roughly chopped
- Green onions, chopped
- Avocado slices
- Freshly ground black pepper

### Preparation:

1. Combine crab meat, mayonnaise lime zest, lime juice, coriander, green onions in a bowl. Season to taste.
2. On one slice of bread place crab mixture and top with avocado slices and remaining bread slice.



### Nutrition Information Per serve

Energy	1290kJ
Protein	12.5g
Fat, total	17.8g
- Saturated	4.0g
CHO	21.0g
- Sugar	6.0g
Dietary Fibre	8.0g
Sodium	1125mg