

Prawn Green Mountain



Ballarat Health Services

Ingredients

Tin of crab meat

Tin of prawns

Packet of cream cheese

Spring onions

Lemon juice

Tabasco sauce

Ripe avocado

Parsley

Seafood sauce

Salt & pepper



Method

Step 1: Combine cream cheese, avocado, a tiny bit of lemon juice and tabasco, and chopped spring onions. This will form one layer

Step 2 : Layer each item into the shape of an igloo and cover with finely chopped parsley.

A great
recipe to
share with
friends

Source: Paula Cartledge—
Patient Services