

BETTER HEALTH

Enjoying crab in season is an excellent way to boost your intake of iodine and selenium. Many of us in the UK are mildly deficient in these lesser-known but important micronutrients.



Lemony crab cups

Little gem has a pleasingly sturdy texture when raw, so the leaves make effective vessels for all manner of delicious fillings. Here, they are packed with sweet white crab meat laced with mayonnaise, then topped with salty salmon roe. An out-and-out crowd-pleaser.

Makes 10-12 cups
Prepare 15 minutes

- 1½ tbsp mayonnaise
- ½ unwaxed lemon, zest and juice
- 200g white crab meat
- 1 little gem lettuce (10-12 leaves)
- 5 tsp salmon caviar (optional)
- ¼ x 20g pack dill, fronds finely chopped
- 1 tbsp olive oil

1 In a bowl, mix together the mayonnaise and lemon zest. Add the crab to the bowl and fold together. Season and add lemon juice to taste. Separate the little gem lettuce into leaves and arrange on a serving platter. Spoon the seasoned crab into each 'cup', then top with the salmon caviar (if using) and dill. Drizzle over the oil and a few more drops of lemon juice.

Per cup (for 10) 235kJ/57kcal/4.3g fat/0.5g saturated fat/0.5g carbs/0.5g sugars/0.6g fibre/3.9g protein/0.3g salt/gluten free



TO DRINK Classic, fragrant and well-balanced with a sweet aftertaste, **Champetloup Rosé d'Anjou, France** (£8.99/75cl) pairs beautifully with this dish.