



Crab Avocado Soup

Servings: 4

Prep Time: 10min

Cook Time: 5min

Ingredients

- 1 packet instant noodles, chicken
- 250 g frozen Crab-Sticks, thinly sliced while still frozen (1/2 the box)
- ½ each rainbow peppers, sliced into fine strips
- generous handful fresh dhania
- 2 Avocado Pears, firmly ripe, halved and peeled
- 100 ml sweet chilli sauce
- 125 ml coconut milk mixed with 15 ml corn-flour

Directions

1. In a pot, stir the seasoning into 1 litre boiling water. Break the instant noodles finely onto this and add in the pepper slivers. Boil for 1 minute. Do not drain off this water.
2. Add in the crab-stick slices and the dhania. Boil for a further 2 minutes without stirring.
3. Finely mash or puree the avocado pears and add to the soup, along with the sweet chilli sauce and coconut milk mixture. As it comes the boil and thickens slightly, do not cook further. Check seasoning and adjust if necessary.
4. Garnish with extra dhania, once the soup has been served into bowls.