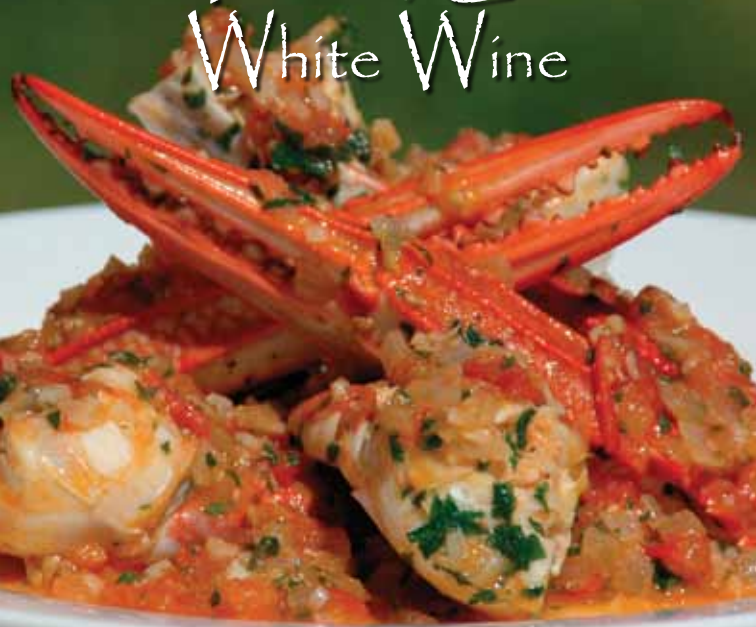


Blue Swimmer Crab with Tomato, Garlic & White Wine



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Blue Swimmer Crab with Tomato, Garlic & White Wine

- 4 green Blue Swimmer Crabs
- 4 garlic cloves, finely chopped
- 1 medium onion, finely chopped
- 1-3 fresh red chilli, finely chopped (optional)
- 400g can diced tomatoes
- 1 cup of white wine
- 2 tablespoons chopped parsley
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- Salt and pepper

Serves 4

- Prepare crabs by removing the hard top shell, soft internal organs and feathery gills.
- Using a heavy knife cut bodies into quarters.
- Heat olive oil in a large pan, add onion, garlic and chilli, and cook for 2-3 minutes on a medium heat.
- Add white wine, tomatoes and crab, and mix together. Cover pan with lid or foil, and simmer for 8-10 minutes, mixing occasionally until crab cooked.
- Add parsley and lemon, salt and pepper and mix though.
- Serve with salad and bread.

