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Devon Crab Thermidor

Based on the classic Lobster Thermidor - this handpicked Devon Brown crab is lightly spiced with mustard and fennel, the meat shredded within a creamy sauce and bubbling cheese, topped with parsley and sourdough breadcrumbs.

COOKING INSTRUCTIONS:

The Crab Thermidor arrives in your box frozen. Put the Thermidor straight into the freezer. When you'd like to serve your Thermidor, follow the instructions below:
Pre-Heat the oven to 180 degrees.
Bake the Thermidor on an oven tray for 25-30 minutes from frozen.

Serving Suggestion: Serve hot alongside a fresh green leaf salad with a slice of lemon.

INGREDIENTS:

Whole Brown Crab, Pernod, butter, flour, milk, cheddar, chili, shallots, parsley, mustard powder, lemon juice, salt, fennel seed, star anise, breadcrumbs, puffed potato starch, balsamic vinegar



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