



CRUNCHYCRITTERS

Crunchy Critters Cocktail

Serves three to four people

Ingredients:

- Forty gram mix of mealworms, crickets or grasshoppers (4 x 10g packets)
- Half an iceberg lettuce
- One or two ripe avocados
- Two limes
- One tomato
- Sixty ml of Marie Rose sauce
- Half teaspoon paprika
- One tablespoon parsley
- Two tablespoons olive oil

Preparation Method:

1. First make the Marie Rose sauce by placing six big dollops of mayonnaise into a mixing bowl with one tablespoon of tomato ketchup and mix. Add one teaspoon of Worcester sauce, twelve drops of Tabasco, half teaspoon of paprika, half teaspoon of white pepper and juice of half a lemon. Mix thoroughly and set aside.
2. Firstly get all the cocktail ingredients ready in separate bowls. 1) Shred the iceberg lettuce, rinse well then toss in a sieve to dry and squeeze on juice of half a lime. 2) Skin the avocado and remove stone and pip (on the thin end), roughly chop into small chunks and place under water to stop it going brown. 3) De-seed the tomato and finely dice.
3. Mix the Crunchy Critters' insects in a bowl, use any combination of the insects or just one type if preferable.
4. Build it! 1) Use four glass dessert bowls or whatever you've got to serve, divide the lettuce between the bowls and spoon on the avocado. 2) Sprinkle on one tablespoon of the insects and follow with a large dollop of the Marie Rose sauce. 3) Sprinkle over the remaining critters and the diced tomato building it up in the middle as you go.
5. Finish with a small dusting of paprika and the parsley, drizzle with the olive oil and serve with a wedge of lime and some crusty bread.