

Chilloomba Chillies

CHILLI MUD CRAB

INGREDIENTS

- 2-4 mud crabs cut into sections
- 6 tablespoons of sunflower oil
- 6-8 garlic cloves, chopped
- 4 tablespoons of crushed ginger
- 4-6 Chilloomba Chillies
- 1 red capsicum sliced
- Juice of 2-3 limes
- 2 tablespoons of sugar
- Sprinkle of sea salt to taste
- ½ cup of your favourite sweet chilli sauce
- 1-2 cups of chicken stock
- 4-6 whole green spring onions, chopped
- 1/2 cup chopped coriander sprigs for garnish



TURN OVER FOR COOKING INSTRUCTIONS



COOKING INSTRUCTIONS

For this recipe we use live mud crabs which we freeze to kill them humanely. You can use crabs which have been cooked but the flesh will not be as juicy.

Remove the top head shell and gills and throw away.
Rinse lightly to clean out.

Cut crab in into 4 pieces and pull off claws.
Crack the claws slightly with a cleaver or hammer so it allows the sauce to penetrate.

Heat wok and add oil.

Add garlic, ginger and chilli.

Add sliced red capsicum.

Add crab tossing for 1-2 minutes.

Add chilli sauce, lime juice, chicken stock, sugar and salt.

Toss ingredients then cover with lid and cook for 10-12 minutes.

Toss spring onions and coriander through.

Serve straight from the wok.

We hope you enjoy our delicious recipes as much as we do and encourage you to share them with your family and friends.

Chilloomba
Chillies

CHILLI THE F*CK OUT

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