

Less than 45 minutes

Serves 6-8 (Starter)

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Ingredients:

- ½ packet (250g) crab sticks, defrosted
- 1 cup (250ml) sour cream
- 1 tub (230g) plain cream cheese, stirred to soften it
- 1 cup (250ml) each mozzarella and cheddar cheese, grated
- 4-5 jalapeños, sliced
- 2 Tbsp (30ml) fresh parsley, chopped
- Juice (30ml) and grated peel of 1 lime
- Salt and milled pepper
- 1 loaf sourdough, hollowed out + extra slices for serving
- 3 Tbsp (45ml) butter, melted

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Steam crab sticks for 3-5 minutes, allow to cool, then chop roughly and place in a large bowl.
3. Add sour cream, cheeses, jalapeños, parsley and lime, and combine well. Season.
4. Scoop crab mixture into the hollowed-out bread “bowl”.
5. Place on baking tray and drizzle with melted butter.
6. Bake for 10-15 minutes, until golden and cheese is melted.
7. Serve immediately with extra toasted bread (you’ll want more to spread this delicious dip on).

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