



CHLOË BOWLER
complete wellbeing

CRAB COURGETTI



Ingredients (serves 2)

- 3 courgettes
- 500g cooked crab meat
- 8 cherry tomatoes
- 1 lemon

Instructions

1. Spiralize 3 courgettes, and soften in a pan with some olive oil.
2. Add the chopped tomatoes so they soften.
3. Finally add the crab meat, squeezing plenty of lemon to it.
4. Stir through and season with pepper.

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