

Seafood and avocado terrine

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This fresh and healthy seafood terrine is great for entertaining.

Ingredients (serves 2-4)

- 100 g sliced smoked trout
- 8 cooked [prawns](#), shelled, deveined, tails removed
- ¼ small [avocado](#)
- 1 tsp capers
- 2 tbsp lemon juice
- ¼ tsp freshly-cracked black pepper, extra to serve
- 50 g crab meat
- ½ small Lebanese [cucumber](#)
- Bread or crackers of your choice (to serve)

Method

Line the inside of a small bowl with plastic wrap and arrange trout slices to cover the bowl entirely, overlapping at the seams.

Roughly chop the prawns, smash the avocado with capers, lemon juice and pepper. Mix all the ingredients well and transfer to the bowl, smoothing the filling flat and folding over the trout.

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Refrigerate for at least one hour before serving.

Provided none of the ingredients have been frozen before, you can also freeze this – it makes it easier to carry to a picnic.

To serve, invert the terrine onto a serving plate or bowl and arrange cucumber around the bottom. Sprinkle with cracked pepper and serve with bread or crackers of your choice.

Recipe and images by [Martyna Angell](#)

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