



## SEAFOOD-STUFFED AVOCADO BOATS

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Category: Popular

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### **Seafood-Stuffed Avocado Boats**

Seafood-stuffed avocado boats are an exciting and healthy way to enjoy fresh seafood combined with the creamy richness of avocado.

This dish offers a perfect balance of flavors, where succulent seafood, typically shrimp or crab, is combined with crisp vegetables and a zesty dressing, all tucked inside perfectly ripe avocado halves. Not only is it delicious, but it also makes for a visually stunning appetizer or main dish that is sure to impress.

Whether you're hosting a summer gathering or enjoying a light dinner, these avocado boats will steal the show!

### **Ingredients:**

For the Seafood Filling:

1/2 lb cooked shrimp (or crab meat, if preferred), chopped into bite-sized pieces

1/4 cup diced cucumber

1/4 cup diced cherry tomatoes

1/4 cup red onion, finely chopped

2 tablespoons chopped fresh cilantro

1 tablespoon fresh lime juice

1/2 teaspoon garlic powder

Salt and pepper to taste

For the Avocados:

2 ripe avocados

Juice of 1/2 lime

Pinch of salt

For the Dressing:

2 tablespoons mayonnaise

1 tablespoon Greek yogurt (for a lighter version)

1 teaspoon Dijon mustard

1 teaspoon honey

1/2 teaspoon hot sauce (optional)

1 tablespoon fresh lime juice

### **How to Make:**

Prepare the Seafood Filling:

Start by chopping the cooked shrimp (or crab meat) into bite-sized pieces. If using shrimp, make sure they are peeled and deveined.

In a medium mixing bowl, combine the chopped shrimp with diced cucumber, cherry tomatoes, red onion, and cilantro. Add the lime juice, garlic powder, salt, and pepper. Stir well to combine all ingredients. Set aside to let the flavors marinate.

Prepare the Avocados:

Slice the avocados in half lengthwise and remove the pit. Using a spoon, carefully scoop out a small portion of the flesh from each half to create a small “boat” for the seafood filling. Be careful not to scoop out too much, as the avocado needs to hold the stuffing.

Drizzle the avocado halves with the juice of half a lime to prevent browning and to enhance the flavor. Sprinkle a pinch of salt over the flesh.

Make the Dressing:

In a small bowl, combine the mayonnaise, Greek yogurt, Dijon mustard, honey, hot sauce (if using), and lime juice. Whisk until smooth and well combined. Taste the dressing and adjust seasoning with salt or lime juice, as needed.

Assemble the Avocado Boats:

Spoon the seafood mixture into the hollowed-out avocado halves, filling each one generously.

Drizzle the dressing over the seafood filling, allowing it to coat the mixture and add extra flavor.

Serve:

Garnish the avocado boats with extra cilantro or a sprinkle of chili flakes for added color and a touch of heat, if desired.

Serve immediately for the best freshness and texture.

Chef's Note:

You can customize this recipe by switching up the seafood. For instance, you can use cooked lobster, scallops, or even a combination of seafood. If you prefer a vegetarian version, swap the seafood for roasted vegetables or a chickpea salad. Additionally, you can make the dressing spicier by adding more hot sauce or using sriracha for an extra kick. Make sure to use

ripe but firm avocados for the best texture and presentation.

**Nutritional Information (per serving, 2 servings total):**

Calories: 350

Protein: 25g

Carbohydrates: 18g

Fat: 22g

Fiber: 11g

Sugar: 4g

Sodium: 300mg

Seafood-stuffed avocado boats are a delicious and healthy option for those looking for a fresh and satisfying meal that's light yet full of flavor. The creaminess of the avocado paired with the tangy dressing and savory seafood makes this a truly special dish. Enjoy!