



# CRAB CAKES

## INGREDIENTS

### For The Crab Cakes

3 Spring Onions Finely Sliced  
1 Small Red Chilli Finely Diced  
1/2 Bunch Flat Parsley –  
Chopped  
750g Crab Meat (White &  
Brown)  
300g Mashed Potato  
Juice And Zest Of 1 Lemon  
Juice And Zest Of 1 Lime  
Salt And Pepper To Taste

### For The Coating

3 Eggs  
Flour  
Panko Breadcrumbs

## PREPARATION

*Mix the crab cake ingredients in a large bowl*

*Use a 6cm pastry cutter to shape into cakes*

*Place on tray and refrigerate for 30 minutes*

*Beat the eggs with a small amount of milk*

*Dip the cakes into flour, then egg mix and finally coat with the panko crumbs*

*Deep fry at 170°C until just golden*

*Finish off in oven at 180°C for around 10 minutes until golden brown and crispy*

*Serve simply sautéed potatoes and tartare sauce*