



Thai crab cakes

Serves: 4

Time

Preparation time 20 minutes

Cooking time 25 minutes



Ingredients

- 350g (2 medium) potatoes, peeled and cut into chunks
- juice of 1/2 a lime
- 4 scallions (spring onions), finely chopped
- 1 inch piece of ginger, finely grated
- 1 clove of garlic, crushed
- 1 pinch of dried chilli flakes
- 121g (1 tin) of white crabmeat, drained
- 260g pollock fillet (or any inexpensive white fish), cut into chunks
- 1 small handful of coriander, finely chopped
- 1 small egg
- low-calorie spray oil

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Place the potato chunks into a small saucepan, cover with water and bring to the boil, then cook for 15 minutes until tender, drain well. Place the lid back on and set aside for potatoes to rest for 5 minutes, then mash.
3. Pour the lime juice into a small pan with the scallions, ginger, garlic and chilli flakes and cook for a few minutes until soft, then add to the mashed potato along with crab meat, fish chunks, coriander and egg then mix well.
4. Divide the mixture into 8 balls, roughly 100g each, and then flatten to make thick patties.
5. Line a large baking tray with baking parchment and spray with oil. Set the patties onto the tray and spray them generously before setting into a very hot oven to bake for 25 minutes until golden brown and crisp.

Tip

These crab cakes are ideal for making a day in advance. Store in the fridge until needed, then transfer to a hot oven and bake.