

# CRAB CAKES

## Ingredients

- 1kg Potatoes
- 250g Crab meat
- 1 Red onion, finely diced
- 1 Carrot, peeled and finely diced
- 1 Capsicum, finely diced your choice of colour
- 1 Lemon, zest and juiced
- Salt and lemon pepper to taste
- 15ml Wholegrain Mustard
- 75g Butter
- 100ml [Wild Appetite Lime and Dill Dressing](#)



*Recipe By Executive Chef Kevin Blakeman*

## Method

Boil the potatoes and when they are cooked through drain them and put them back in the pot. Cook them on the heat for another 5 mins, this dries the potato and gives them a better result.

Meanwhile mix together all the other ingredients in a large bowl.

When the potatoes are dry and slightly cooled mash them and mix together with the rest of the ingredients.

Shape the potato into cakes and you should get 8 decent sized cakes from this recipe.

In a non-stick pan heat a little butter and sear each cake on each side until golden brown.

Put them on an oil sprayed tray and into a preheated oven at 200°C for 15 minutes.

Serve the crab cakes with salad and finally finish with the [Wild Appetite Lime and Dill Dressing](#)