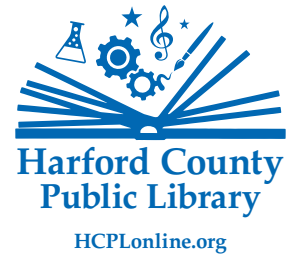




in
partnership
with



I CAN'T BELIEVE IT'S NOT CRAB, CRAB CAKES – (MOCK CRAB CAKES)

SERVES 4

INGREDIENTS

2 cups coarsely grated zucchini – let drain in a colander for 30 minutes

1 cup bread crumbs, plus additional for coating

2 eggs or 1 tbs Energy Egg Replacer mixed well with 4 tbs warm water

1 tsp Old Bay

1 tsp Dijon mustard

2 rounded tbs mayo or Veganaise (or any eggless mayo)

¼ tsp Tabasco

Juice of ½ lemon

¼ cup fresh parsley

Vegetable oil for frying

DIRECTIONS

- 1** | Mix the zucchini & breadcrumbs together in a bowl.
- 2** | In another bowl mix together the egg or egg replacer, Old Bay, mustard, mayo, lemon juice & parsley. Beat well.
- 3** | Combine both mixtures and fold together well.
- 4** | Form into cakes, dust in breadcrumbs, and pan-fry in hot oil, until well browned on both sides.