



## Crab cakes with sweet chilli & ginger dipping sauce

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 75 g turtle beans french finely sliced
- ☐ 200 g crab meat fresh white
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 garlic clove crushed
- ☐ 4 spring onion trimmed finely chopped
- ☐ 1 tbsp ginger freshly grated
- ☐ 1 lime zest grated

- ☐ 1 tbsp cilantro leaves chopped
- ☐ 75 g breadcrumbs fresh white
- ☐ 1 tbsp mayonnaise
- ☐ 1 eggs beaten
- ☐ 4 servings unrefined sunflower oil for frying
- ☐ 5 garlic clove roughly chopped
- ☐ 2 pepper flakes red roughly chopped
- ☐ 1 piece ginger peeled roughly chopped
- ☐ 2 kaffir lime leaves dried
- ☐ 1 stalk lemon grass trimmed roughly chopped
- ☐ 2 tbsp cilantro leaves chopped
- ☐ 175 g sugar
- ☐ 50 ml rice vinegar
- ☐ 1 tbsp fish sauce
- ☐ 1 tbsp soya sauce

## Equipment

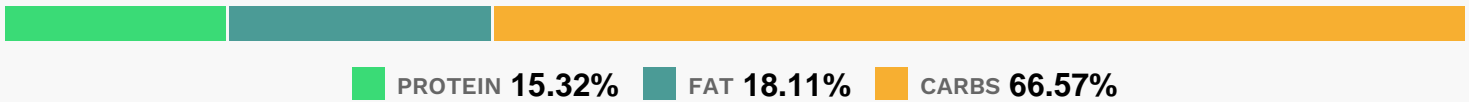
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ To make the dipping sauce, blend the garlic, chillies, ginger, lime leaves, lemongrass and coriander in a food processor until very finely chopped. Tip the sugar into a small saucepan, add 3 tbsp water and heat gently to dissolve. Continue to cook for another min or so until the syrup starts to thicken slightly.
- ☐ Add the chilli and ginger mixture, and continue to cook for a further 2–3 mins. Then stir in the rice vinegar, fish sauce and soy sauce.
- ☐ Remove from the heat and leave to cool to room temperature.
- ☐ Cook the beans in a small pan of boiling salted water for 1–2 mins until tender.

- ☐ Drain and refresh under cold running water, then leave to dry on kitchen paper.
- ☐ Mix the crab with the cooked beans and all the remaining ingredients, apart from the sunflower oil. Season with salt and freshly ground black pepper and shape into 8 small patties.
- ☐ Heat 1-2 tbsp sunflower oil in a frying pan and cook 4 crab cakes at a time until golden brown on both sides.
- ☐ Remove from the pan and keep warm while you cook the remainder.
- ☐ Serve with the sweet chilli dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:129.27, Glycemic Load:33.05, Inflammation Score:-7, Nutrition Score:22.731304241263%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 397.72kcal (19.89%), Fat: 8.18g (12.58%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 65.02g (23.64%), Sugar: 47.59g (52.88%), Cholesterol: 63.37mg (21.12%), Sodium: 1206.1mg (52.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Vitamin C: 64.85mg (78.6%), Vitamin B12: 4.69µg (78.15%), Selenium: 28.16µg (40.22%), Vitamin K: 37.72µg (35.92%), Copper: 0.64mg (31.96%), Manganese: 0.6mg (29.97%), Zinc: 3.81mg (25.37%), Folate: 89.56µg (22.39%), Phosphorus: 210.74mg (21.07%), Vitamin B6: 0.39mg (19.68%), Vitamin B1: 0.26mg (17.28%), Magnesium: 64.91mg (16.23%), Iron: 2.81mg (15.61%), Vitamin B3: 2.7mg (13.51%), Vitamin B2: 0.22mg (12.9%), Potassium: 437.58mg (12.5%), Vitamin E: 1.75mg (11.67%), Vitamin A: 544.37IU (10.89%), Calcium: 106.5mg (10.65%), Fiber: 2.62g (10.48%), Vitamin B5: 0.63mg (6.26%), Vitamin D: 0.23µg (1.51%)