



PAN FRIED CRAB CAKES

Perfect as a starter served with a sweet chilli dip, or delicious as a light lunch with some green salad. This is a great way to introduce children to eating crab.



Recipe & image supplied by Fish is the Dish:
www.fishisthedish.com

Skills Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring jugs and spoons; use balance/digital scales; chop using bridge/claw safely; snip herbs with scissors; season to taste; shape e.g. burgers, fishcakes; coat e.g. goujons; use the hob (with adult supervision); season to taste.

Equipment: Measuring cups and spoons, weighing scales, knife, chopping board, mixing bowl, plate, frying pan, fish slice, scissors.

Ingredients (makes 8 cakes/4 portions):

- 300g white crab meat
- 2 small sweet red peppers
- A bunch of coriander, snipped
- 100g fresh breadcrumbs
- 50g reduced fat mayonnaise
- 2 tbsp olive or rapeseed oil, for frying

Method

1. Check crab meat for any bits of shell.
2. De-seed the peppers and dice into a small dice then place in a bowl with the crab meat, 50g of breadcrumbs, coriander and mayonnaise.
3. Mix all ingredients together, season and divide the mix into 8 equal balls.
4. Sprinkle the breadcrumb on a plate. Roll the crab balls in the breadcrumbs and shape them.
5. Pan fry the crab cakes so that they colour golden brown on both sides and serve immediately.

PAN FRIED CRAB CAKES Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Pan Fried Crab Cakes...

Crab is high in protein, plus a huge variety of vitamins and minerals. The white meat is particularly low in fat and calories. You can buy white crab meat fresh or canned. Crab is best when in season from April through to October.

Frying is a method of cooking in oil. The Eatwell guide tells us to choose unsaturated oils (olive or rapeseed oil) and to eat only in small amounts.



Energy, sugar, fat and salt per serving

Per 184g serving (2 crab cakes)

ENERGY
1223kJ / 292kcal

15%

FAT
13.9g

20%

SATURATES
1.5g

8%

SUGARS
4.7g

5%

SALT
1.6g

26%

% of an adult's reference intake
Typical values per 100g : Energy 664kJ / 159kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.