

Crunchy crab cakes

Ingredients

100g breadcrumbs
150g pot of natural yogurt
200g mashed potato, cooled
100g crab meat, fresh or canned
80g canned peas and sweetcorn
Small handful of parsley leaves
1 x 15ml spoon oil



Equipment

Baking tray, large plate, dessert bowl, mixing bowl, dessert spoon, chopping board, pastry brush, oven gloves.

Method

1. Preheat oven to 220°C or gas mark 7. (Adult)
2. Grease or line a baking tray.
3. Tip the breadcrumbs onto the large plate.
4. Tip the yogurt into the dessert bowl.
5. Place the potato, crab and vegetables into the mixing bowl.
6. Tear the parsley leaves in to small pieces over the mixing bowl.
7. Mix everything in the bowl together.
8. Take a heaped dessert spoon of the mixture and squeeze it into a ball.
9. Flatten the ball of mixture into a cake shape.
10. Dip the cake into the yogurt and then the breadcrumb.
11. Turn the cake over and repeat on the other side.
12. Place each cake on the baking tray.
13. Repeat until all the mixture has been used.
14. Use a pastry brush to dab each cake with a little oil.
15. Bake for 20 minutes. (Adult)

Makes:

10 mini cakes.

Suggestions:

Decorate your crab cake to look like a crab - use pepper sticks for the legs and claws and olives for the eyes!

Serve your crab cakes with a salad.

Make a crunchy coleslaw to serve with your crab cakes.

Make them zingy! Add a little grated lemon or lime zest to your fish cake mixture.