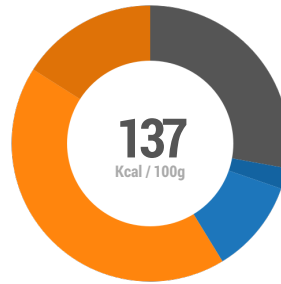
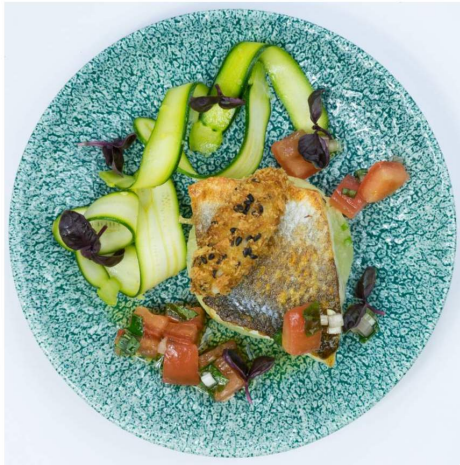


# Seabass & Crispy Crab Cake

Pan-fried seabass and crispy crab with tomato and basil dressing, lemon courgettes and crushed new potatoes

By Mark Irish from Brakes

Overview ...



CALORIES:

**13.4% Carbs**

**27.9% Protein**

**58.7% Fat**

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



MILK



FISH



CRUSTACEANS



SESAME

Recipe Ingredients ...

	Quantity:	Description:
56653 M&J Seafood Medium Seabass Fillets (skin on, boneless) - BRAKES	<b>155g</b>	<b>1x Each</b>
31436 Devon Fine White Crab Meat - BRAKES	<b>25g</b>	<b>0.06x Each</b>
450098 Baby Courgettes - BRAKES	<b>25g</b>	
10357 Plum Tomatoes - BRAKES	<b>50g</b>	
113879 Premium Large Basil Bunch - BRAKES	<b>5g</b>	
10567 Banana Shallots - BRAKES	<b>10g</b>	
88887 Veraneo Extra Virgin Olive Oil - BRAKES	<b>20g</b>	
114218 Lemons - BRAKES	<b>0.25g</b>	
10420 Potatoes Baby 25-35mm Washed - BRAKES	<b>50g</b>	
113880 Premium Large Chives Bunch - BRAKES	<b>5g</b>	
102656 Micro Red Basil - BRAKES	<b>2g</b>	
71128 Salted Butter - BRAKES	<b>10g</b>	
450520 Peka Chilled Mash Potato	<b>15g</b>	
135538 James Brown & Co Panko Breadcrumbs - BRAKES	<b>5g</b>	
131165 Black Sesame Seeds - BRAKES	<b>1g</b>	

Products / Pack Sizes ...

**1 Serving**



*Product code*

*Barcode*

378g / 525kcal

# 1

#### Cooking Instructions & Notes

### **Preparation:**

- Defrost the seabass & crabmeat
- Defrost the mash
- Peel & finely slice the courgette
- Blanch the tomato, remove the skin & seeds
- Finely chop the basil
- Finely chop the chives
- Finely dice the shallots
- Zest the lemon
- Peel the new potatoes

### **Method:**

1. Mix together the crab and mash potato, add some chives and seasoning - pane in the panko and sesame seeds
2. Dice the tomatoes and mix with the shallot, basil and olive oil - season
3. Bring the new potatoes to the boil and cook until tender - drain
4. Crush the potatoes with some butter, season and stir through some chives
5. Heat a pan and sear the bass skin side down for one minute, turn and remove from the heat
6. Deep fry the crab cake at 180°C until golden - drain onto a papered tray
7. Gently warm the tomato dressing
8. Warm the courgettes with the lemon on a hot tray.
9. Bring together on a dish and garnish with the red basil and crispy crab - serve!