Seabass & Crispy Crab Cake

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

By Mark Irish

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) -	155g	1x Each
31436 Devon Fine White Crab Meat -	25g	0.06x Each
450098 Baby Courgettes -	25g	
10357 Plum Tomatoes -	50g	
113879 Premium Large Basil Bunch -	5g	
10567 Banana Shallots -	10g	
88887 Veraneo Extra Virgin Olive Oil -	20g	
114218 Lemons -	0.25g	
10420 Potatoes Baby 25-35mm Washed -	50g	
113880 Premium Large Chives Bunch -	5g	
102656 Micro Red Basil -	2g	
71128 Salted Butter -	10g	
450520 Peka Chilled Mash Potato	15g	
135538 James Brown & Co Panko Breadcrumbs -	5g	
131165 Black Sesame Seeds -	1g	

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!