



Contains Gluten





Contains nuts

from box and place on parchment paper. Place crab cake in hot





Contains Dairy



Preheat oven to 425°F (400°F for convection oven). Unwrap brown STEP 1 parchment paper and lay flat on a baking sheet. Remove crab cake

oven for 10-15 minutes, or until the crab cake reaches an internal temperature of 145°F.

While the crab cake is in the oven, prepare your salad. Plate your STEP 2 arugula, top with toppings, then dressing.

Transfer creamed corn into a microwave safe bowl and heat for 1-2 STEP 3 minutes until warm.

To plate your meal, place crab cake alongside creamed corn and STEP 4 salad. Serve remoulade over crab cake.