

LION'S MANE CRAB CAKES WITH TARTAR SAUCE

Featuring our **Fresh Lion's Mane** mushrooms

4 servings | Total Time: 40 minutes

RECIPE

FOR THE CRAB CAKES

- 1 lb **Lion's Mane** mushrooms, cleaned and shredded
- 1/2 red bell pepper, diced small
- 2 green onions, thinly sliced
- 1/2 cup panko breadcrumbs
- 1 large egg
- 2 Tbsp fresh lemon juice
- 2 tsp Old Bay seasoning
- 1/2 tsp dried parsley
- 1/4 tsp paprika
- Salt and pepper to taste

FOR TARTAR SAUCE

- 1/2 cup vegan mayonnaise
- 3 Tbsp sweet pickle relish
- 1 Tbsp fresh lemon juice
- 1 Tbsp capers, rinsed and chopped
- 1 Tbsp fresh parsley, chopped
- 1/4 tsp Dijon mustard
- Salt and pepper to taste

PREPARATION

STEP 1

Prepare the Lion's Mane by cleaning thoroughly and shredding into crab meat-like strands using a fork.

STEP 2

In a large bowl, mix together the shredded Lion's Mane, bell pepper, green onions, panko crumbs, egg, lemon juice and all seasonings until well combined.

STEP 3

Using your hands, form the mixture into patties, about 1/2 inch thick. Place on a parchment lined baking sheet.

STEP 4

In a large skillet over medium heat, heat 2 Tbsp olive oil. Carefully place crab cakes into hot oil and fry for 2-3 minutes on each side until golden brown. Work in batches if needed.

PREPARATION CONTINUED

STEP 6

Serve crab cakes on buns with lettuce, tomato and desired amount of tartar sauce. Garnish with extra parsley if desired. Enjoy!

STEP 5

While crab cakes cook, make the tartar sauce. In a small bowl, combine the mayo, relish, lemon juice, capers, parsley, mustard and salt/pepper. Stir well to combine.

NUTRITION FACTS

PER SINGLE SERVING (~ 2-3 CRAB CAKES)	
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CALORIES	250
TOTAL FAT	15g
SATURATED FAT	2g
TRANS FAT	0g
CHOLESTEROL	50mg
SODIUM	400mg
TOTAL CARBOHYDRATES	18g
DIETARY FIBER	3g
SUGARS	2g
PROTEIN	12g