



Green Chile Crab Cakes

Serves: 4

Prep: 35 minutes

Cook: 15 minutes

Stack Cup



This is a Monash University Low FODMAP Certified™ recipe by FODifyIt!.

Ingredients	Metric	Imperial
Lump crab meat, fresh or canned and drained, cleaned and divided	340 g	12 oz
Canned mild chopped green chiles, drained	113 g	4 oz
⅓ cup plain low FODMAP gluten-free panko breadcrumbs	46 g	1.6 oz
2 tbsps mayonnaise, containing no onion, garlic or other high FODMAP ingredients	29 g	1 oz
1 egg white, whisked	30 g	1.06 oz
Juice of ½ lime, plus 1 more lime for finishing spritz and garnish	g	oz
2 tsps minced chives	2 g	0.07 oz
½ tsp fresh ground black pepper	0.9 g	0.03 oz
¼ cup low FODMAP gluten-free all-purpose baking flour, containing xanthan gum	35 g	1.2 oz
¼ tsp fine sea salt	1.25 g	0.04 oz
2 tbsps canola oil for pan cooking	30 g	1.06 oz
1 cup thinly sliced Romaine lettuce, chilled	75 g	2.65 oz
¼ tsp smoked paprika for dusting garnish	0.7 g	0.02 oz

Method

1. Place 3/4 of the crab meat in a medium mixing bowl. Chill the remaining crab in the fridge, covered. Add the chiles, breadcrumbs, mayo, egg white, lime juice, chives and pepper. Mix gently to combine. Form 4 patties, pressing into 1/2-inch (1.25 cm) thick rounds. Place on a plate and chill in the fridge for 30 minutes to set.
2. Whisk the coating flour, salt and pepper in a small wide bowl. Lightly dip both sides of each patty in the flour.
3. Add oil to a large non-stick skillet; heat over medium-high heat until shimmering, then add the patties. Cook covered for 3 to 4 minutes without disturbing. When the bottom is golden brown, gently flip with a spatula. Reduce the heat to medium low, cover and cook undisturbed for 4 minutes. Check for golden brown color. They should be crispy on the outside and tender inside. If they feel too soft, cover and cook 2 minutes longer. If needed, add 2 teaspoons (10 ml) more oil to the pan. Move to a plate and tent with foil to rest 3 minutes.
4. To plate as an appetizer: place a handful of shredded Romaine on 4 plates, then place one patty each topped with a dollop of the remaining crab meat. Spritz the cakes and

lettuce with lime juice. Garnish with a lime wedge and a pinch of smoked paprika.
Serve immediately.

Hints

If you are able to tolerate butter, add 2 teaspoons (10 g) to the pan as you heat the oil for browning the cakes.

Canned chiles and crab are oftentimes plenty salted. Taste before adding salt to the coating flour.

Note:

Although chiles (chillies) are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.

Nutrition Information (per serve)	
Energy	1216 Kj / 291 cal
Protein	12.95g
Carbohydrates	14.18g
Sugar	2.14g
Total Fat	19.62g
Saturated Fat	2.06g
Fibre	3.14g