

crab cakes with spiralized cucumber and jicama salad

SERVES 1 • READY IN 45 MINUTES OR LESS

PHASE 1



Mix crab meat, broccoli soup mix, mustard and dill together. Chill in the refrigerator for 20 min to overnight to ensure they stay together when baked.

Toss salad ingredients together and set aside.

Preheat oven to low broil. Line a baking sheet with aluminum foil. Brush with avocado oil.

Pack half of the crab cake mixture tightly into a disk. Place on aluminum foil and repeat with remaining mixture.

Broil for 10 min. The tops should be golden brown and crispy. Serve with salad, lemon wedge and optional hot sauce.

Crab Cake Ingredients:

- 1 portion lump crab meat, squeezed very well of any excess water and picked through for shells
- 1 tsp avocado oil
- 1 tbsp IP broccoli cheddar soup mix
- 1/2 tsp hot mustard
- 1 tbsp fresh chopped dill
- Compliant hot sauce for serving (optional)

Salad Ingredients:

- 1/8 tsp salt
- juice of half a lemon, plus a wedge of lemon for serving
- 1 cup kohlrabi or jicama, peeled and spiralized
- 1 cup English cucumber, spiralized