

Recipe of the Week

Crab & Prawn Cakes

500g Potatoes, peeled & cut into chunks

2 tbsp Low-Fat Ricotta Cheese

125g Peeled Green Prawns

170g Phillips Crab Meat, well drained

2 Spring Onions, chopped

Tabasco, to taste

125g English Spinach

1 Lemon, cut into wedges to serve



Cook potatoes in a saucepan of boiling water for 12-15 minutes until tender. Drain and return to the pan over the heat to dry out a little, then mash until smooth. Beat in the ricotta. Season with salt and pepper and set aside to cool.

Pat the prawns dry with paper towel, then roughly chop. Mix with the crab meat, chopped spring onions and Tabasco.

Rinse spinach and put in a covered bowl with just the remaining rinsing water clinging to the leaves. Cook in the microwave until just wilted. Cool then squeeze dry and roughly chop. Mix the potato with the seafood and spinach. Chill for 30 minutes.

Preheat BBQ or fry pan to medium high heat. Roll mixture into large cakes, dipping your hands in a little flour if necessary.

Roll cakes in coarse breadcrumbs to coat.

Brush hot plate with a little oil and cook cakes for approx 5 mins, or until cooked through.

Serve with fresh lemon wedges, roasted tomato and salad greens.