



Paleo Crab Cakes (Gluten-Free, Low-Carb)

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

316.5 calories, 7.53 g carbohydrate, 3.83 g fiber, 3.7 g NET carbs, 27.76 g protein, 20.63 g fat

Ingredients

- 1/2 tsp(s) Old Bay Seasoning
- 2 Tbsp(s) Olivado Avocado Oil
- 3 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 1/4 tsp(s) Real Salt
- 3 Tbsp(s) Primal Kitchen Mayonnaise
- 2 Tbsp(s) fresh parsley, chopped
- 2 large(s) pastured eggs
- 1 cup cauliflower florets, steamed
- 16 ounce(s) sustainable lump crab meat, canned
- 1 whole organic lemon, sliced

Preparation

1. In a medium bowl, add the steamed cauliflower. Gently break up into small pieces, and mashing some. Leave some pieces intact for texture.
2. Add the crab meat and parsley. Gently fold the mixture to distribute the ingredients evenly.
3. In a small bowl, whisk together the eggs, mayonnaise, old Bay and salt. Pour over the crab meat mixture and gently fold.
4. Now sift the coconut flour over the crab and gently fold the mixture until everything is uniform.
5. Transfer to the fridge to chill and firm up – about 10 minutes. Preheat oven to 350 F.
6. Remove crab mixture from fridge and form into patties, about 2 inches thick and 3 inches in diameter.
7. Heat oil in a cast iron pan over medium-high heat. When oil is shimmering, add the crab cakes, being careful to not overcrowd the pan. Cook about 3 minutes to golden brown, then flip and cook another 3 minutes.
8. Place pan-fried crab cakes on a baking sheet and transfer to the oven to cook through.
9. Serve with fresh lemon wedges and Paleo mayo.

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