Dinner

Crab and Sweet Potato Patties with Chilli Salsa

Little pan-fried patties of mashed sweet potato and flaked crab, golden and crisp outside. They are served with a quick blended tomato and green chilli salsa and lemon wedges.



Dairy free | Nut free

20 min	27	2.6 g	0.8 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 200 g sweet potato, boiled and mashed
- [ ] 1 tbsp flour (plus a little for dusting)
- [ ] 1 egg, beaten
- [ ] good pinch pepper
- [ ] 20 g fresh dill, chopped
- [ ] 3 spring onions, finely chopped
- [ ] 200 g cooked crab meat, dark and brown
- [ ] grated zest 1 lemon (plus wedges to serve)
- [ ] 2 tsp rapeseed oil

For the salsa

- [ ] 2 tomatoes, roughly chopped
- [ ] 1 heaped tbsp tomato puree
- [ ] 1 green chilli, de-seeded and very finely chopped

Nutrition Facts

Per serving

Calories	**27**
Total fat	0.8 g
Saturated fat	0.1 g
Sodium	Not listed
Total carbs	2.6 g
Fiber	0.4 g
Total sugars	0.8 g
Protein	2.2 g

Method

- [ ] 1 Boil the sweet potato, mash it and leave it to cool.
- [ ] 2 Stir the flour, egg, pepper, dill and lemon zest into the cooled mashed sweet potato until evenly mixed.
- [ ] 3 Fold in the spring onions and crab meat, then shape the mixture into small patties about 1 cm deep and dust each one with a little flour.
- [ ] 4 Heat 1 tsp of the rapeseed oil in a non-stick pan and fry the patties for 1-2 minutes at a time, turning them carefully a couple of times, for about 6 minutes altogether, until lightly golden, firm and cooked all the way through.
- [ ] 5 Meanwhile, blend the tomatoes with the tomato puree and stir in the green chilli to make the salsa.
- [ ] 6 Serve the patties warm with the salsa and the lemon wedges.

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