



In your box

- 8 oz. Crabmeat
- 8 oz. Broccoli Florets
- 3 oz. Sour Cream
- 1 tsp. Chesapeake Seasoning
- ¼ oz. Parsley
- 4 Saltine Crackers
- 1 Lemon
- 1 ½ tsp. Garlic Pepper
- 1 oz. Shredded Parmesan Cheese
- 12 oz. Red Potatoes

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Non-Stick Pan,
- Baking Sheet, 2 Mixing Bowls

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Culinary Collection



Chesapeake Bay Crab Cakes and Lemon Crema

with Parmesan-parsley potatoes and broccoli

NUTRITION per serving—Calories: 519, Carbohydrates: 51g, Sugar: 6g, Fiber: 7g, Protein: 34g, Sodium: 1695mg, Fat: 24g, Saturated Fat: 9g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley, sour cream**



1. Bake the Potatoes

- Slice **potatoes** into thin rounds.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil** and **garlic pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer and top with **Parmesan**. Bake in hot oven until tender, 16-18 minutes.
- Top baked potato rounds with half the **parsley** (prepared in a later step; reserve remaining for crema).
- While potatoes bake, prepare ingredients.



2. Prepare Ingredients and Make Lemon Crema

- Cut **broccoli** into bite-sized pieces.
- Stem and mince **parsley**.
- Coarsely crush **crackers**.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- In a mixing bowl, combine half the **sour cream** (reserve remaining for crab cakes), 2 tsp. **water**, 1½ tsp. **lemon juice**, remaining **parsley**, **lemon zest**, and a pinch of **salt** and **pepper**. Set aside.
- Using lid, press excess liquid out of **crab**.



3. Cook the Crab Cakes

- Place **crab** in another mixing bowl and shred into small pieces. Add **crackers**, **Chesapeake seasoning**, and remaining **sour cream** and thoroughly combine. Set aside, 5 minutes.
- After 5 minutes, stir crab cake mixture until it becomes slightly sticky. Form into four equally-sized cakes, about 3" in diameter.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add crab cakes to hot pan and cook until heated through, 3-4 minutes per side.
- Transfer crab cakes to a plate and tent with foil. Wipe pan clean and reserve.



4. Cook the Broccoli

- Return pan used to cook crab cakes to medium-high heat and add 1 tsp. **olive oil**.
- Add **broccoli**, 2 Tbsp. **water**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Cover, and cook until water is almost completely evaporated, 5-6 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- *If broccoli needs more time, add 1 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **crab cakes** with **lemon crema**. Squeeze **lemon wedges** over meal to taste. Bon appétit!