



Jackfruit Cakes

Author: Amber Gibson

Makes 3 servings

Serving: 1 Cake

Protein per serving: 0.6 g per filet

Calories per serving:84

Ingredients:

- 95 g Canned Jackfruit, rinsed well, seeds removed
- 1/4 c Cambrooke Seafood Patty Mix
- 2 tsp Olive Oil
- 1/2 c Water
- 1/8 tsp Old Bay Seasoning

Instructions:

1. Squeeze excess liquid from jackfruit. Roughly chop the jackfruit. The small chunks will mimic the texture of crab meat. Add the rest of the ingredients for the cakes from the seafood mix to the Old Bay Seasoning. Mix with a spatula until combined. Add more water a tablespoon at a time if a little dry.
2. Add 1/4 c vegetable oil to a small skillet and place over medium heat. Form cakes in your hand about 3 inches wide and 1 inch thick. Place in preheated skillet and cook until browned on both sides and heated through, about 5 minutes per side. Remove from skillet and place on a paper towel lined plate to absorb excess oil.
3. For the sauce, combine ingredients and mix well. Serve with the jackfruit cakes.