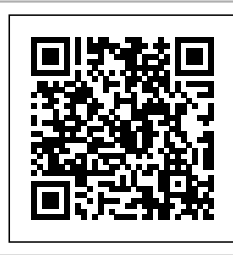


Shrimp Cakes



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Recipe by: Laura Vitale

Serves 4

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 lb of Raw Shrimp, shelled and de-veined
- 1 Egg
- 1/4 of a Red Onion, minced or 4 Chopped Scallions
- 1/4 of Green Bell Pepper, finely diced
- 2 Cloves of Garlic, minced
- 1 Tbsp of Mayo
- 1/4 cup of Almond Meal
- 1 Tbsp of Cornstarch
- 2 Tbsp of Finely Chopped Parsley
- Squeeze of lemon
- Salt to taste
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For the tartar sauce:

- 1/4 cup of Mayo
- 2 Tbsp of Greek Yogurt
- 1 tsp of Dijon mustard
- 3 Gherkins, finely chopped
- 1 Tbsp of Chopped Tarragon
- 1 Tbsp of Chopped Parsley
- Squeeze of Lemon
- Salt and Pepper to taste

1) To make the cakes, add the shrimp to a food processor and pulse until finely chopped, place them in a bowl along with all the remaining ingredients for the cakes.

2) Give everything a good mix, cover with some plastic wrap and pop the mixture in the fridge for about an hour.

3) In the meantime, in a small bowl, mix together all of the ingredients for the tartar sauce and pop it in the fridge to chill.

3) To cook the cakes, add a thin layer of olive oil to a large non stick skillet, using 2 spoons make 8 equal little mounds (do this in 2 batches to avoid over crowding the pan) and flatten them slightly to make little patties.

4) Cook them for a couple of minutes on each side or until crispy, set them on a paper towel lined plate to absorb any extra oil and serve with the sauce and a simple side salad.

