

Lion's Mane "Crab" Cakes

SERVINGS
12 CAKES

PREP TIME
15 MIN

COOK TIME
10 MIN

TOTAL TIME
25 MIN

Transform Lion's Mane Mushrooms into crispy, flavorful "crab" cakes packed with savory spices. Served with a simple dipping sauce for a delicious plant-based twist on a classic.



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Ingredients

Directions

1

- 1 tsp Flaxmeal
- 3 tsp Water

- Prepare "Flax Egg" by combining flaxseed meal and water together.
- Mix well and **set aside**.

2

- 12 oz Lions Mane Mushroom (approximately)

- Gently remove any debris from mushroom with a paper towel.
- Pull apart mushroom into smaller pieces.
- Add pieces to food processor.

3

- 1 Small Onion
- 1 Red Pepper

- Dice onion and pepper and add to food processor.

4

- 2 tsp Soy Sauce
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 1 tsp Furikaki
- 2 tsp Old Bay Seasoning
- ¼ Cup Vegan Mayo
- ½ Cup Breadcrumbs

- Add all to food processor.

5

- Add flax egg to food processor.
- Close the food processor lid and pulse a few times to start mixing everything together. Then blend for a few seconds until the mixture has a coarse, sandy texture.

6

- ½ Cup Preferred Oil (approximately)

- Heat oil in skillet over medium heat.
- Form "crab cake" mixture into small patties and place in skillet, being careful not to overcrowd the pan. Cook in batches if necessary.
- Cook for 2-3 minutes per side, or until golden brown and crispy to your liking. May need to reduce heat to medium-low if browning too quickly.

7

- SIMPLE DIPPING SAUCE**
- Vegan Mayo
 - Cocktail Sauce

TO SERVE

- Prepare dipping sauce. Mix desired amounts of mayo and cocktail sauce together.
- Dip crab-less cake into sauce and enjoy!