



**GREEN
CHEF**

ARTICHOKE “CRAB” CAKES

roasted potato wedges, cabbage & carrot slaw

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

840

MENU

VEGAN

Although these vegan cakes are crustacean-free—thanks to briny artichoke hearts tossed with classic Bay-style spices and sweet corn—you definitely won’t miss the usual crab in the filling. After being pan-seared to a golden brown, the crispy cakes are piled next to golden roasted potato wedges and drizzled in our lemon tartar sauce for a tangy, creamy punch. On the side, there’s a crunchy cabbage and carrot slaw, because who wouldn’t want an extra helping of veggies?

INGREDIENTS (9 ITEMS)

½ oz **Chia seeds**
 14¾ oz **Artichoke Hearts**
 1½ oz **Corn**
 9 oz **Yellow potatoes**
 3½ oz **Cabbage & Carrots**
 1 tbsp **Bay-style spice blend**
 ½ cup **Breadcrumbs** W
 1 tbsp **Cornstarch**
 3½ oz **Lemon tartar sauce**

WHAT YOU’LL NEED

large nonstick pan
 baking sheet
 mixing bowls
 measuring spoons
 food processor
 strainer
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak at least 5 minutes, or until water is absorbed.
- Strain and rinse **artichoke hearts**. Place **artichokes** and **corn** in a food processor.* Pulse until veggies are finely chopped.
- Halve **yellow potatoes**** lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.
- Roughly chop **cabbage**** and **carrots** if necessary.

**If you don't have a food processor, finely chop the artichokes and corn into rice-size pieces.*

***The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

SEASON & ROAST POTATOES

- Place **potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half of the **bay-style spice blend**, about ½ teaspoon salt, and a pinch of pepper. Toss to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Bake 18–20 minutes, or until fork-tender, stirring halfway through.

3

MAKE MIXTURE

- Add **breadcrumbs**, **cornstarch**, remaining **spice blend**, and about 2 tablespoons of the **lemon tartar sauce** to bowl with **chia seeds**. Stir to combine.
- Add **artichokes and corn**. Season with about ½ teaspoon salt and a pinch of pepper. Mix thoroughly for about 1 minute. Let **artichoke mixture** set at least 5 minutes.

4

FORM PATTIES

- Form **artichoke mixture** into eight patties, about ¼ inch thick.*
- Place **patties** on a plate. Transfer to refrigerator. Let set at least 5 minutes.

**To make the artichoke "crab" cakes more cohesive, compress the artichoke mixture while forming the patties.*

5

COOK CAKES

- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, carefully add four **patties**. Cook 4–5 minutes on each side, or until golden brown.
- Transfer **cakes** to a plate.
- Repeat process with remaining **patties**.

6

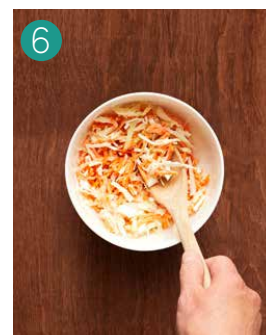
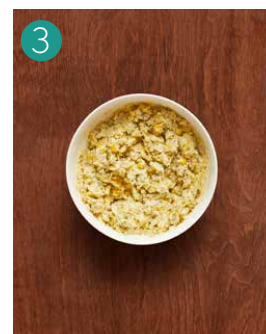
MAKE SLAW

- Place **cabbage and carrots** in bowl used to season potatoes. Drizzle with about 1 tablespoon of the **lemon tartar sauce** to taste. Toss to combine. Season with salt and pepper to taste.

7

PLATE YOUR DISH

- Divide **cabbage and carrot slaw** between plates. Shingle **artichoke "crab" cakes** over slaw. Serve **roasted potato wedges** on the side. Drizzle "crab" cakes and potatoes with remaining **tartar sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (560g)

Amount per serving

Calories 840

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 53g | 68% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 2670mg | 116% |
| Total Carbohydrate 78g | 28% |
| Dietary Fiber 14g | 50% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | |
| Vitamin D 0mcg | 0% |
| Calcium 84mg | 6% |
| Iron 3mg | 15% |
| Potassium 931mg | 20% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Yellow Potatoes, **Red Cabbage**, **Carrots**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Bay-Style Spice Blend** (White Pepper, Celery Seeds, Dried Mustard, Ground Cayenne Pepper, Ground Fennel, Ground Bay Leaves, Sea Salt, Granulated Garlic, Dried Parsley, Kelp Granules [organic raw kelp]), **Corn** [corn], **Chia Seeds** [chia seeds], **Cornstarch** [cornstarch], **Lemon Tartar Sauce** (Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Lemon Juice [lemon], Sea Salt, Black Pepper, Pickle Relish [organic cucumbers, organic dried cane syrup, water, organic distilled vinegar, salt, organic dehydrated peppers, calcium chloride, xanthan gum, organic natural spice flavors, organic gum arabic])

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.