



Spicy Cajun Skillet Medallions



4 Servings



30 minutes

Ingredients :

- 1lb crab meat
- 1egg
- ¼ cup crushed gluten -free crackers
- 1tsp Cajun seasoning
- Hot sauce (optional)
- Oil



Instructions :

1. Mix egg , seasoning , and crackers .
2. Add crab meat gently .
3. Shape medallions .
4. Cook in skillet until crisp .