

Vegan Crab Cakes

Prep: 15 minutes • Cook: 20 minutes

Crispy on the outside with a moist, flaky interior, these hearts-of-palm and chickpea cakes capture classic crab-cake seasoning and ocean-briny notes in a fully plant-based bite.

Ingredients

- 15 oz garbanzo beans (canned, rinsed; reserve liquid)
- 2 (14 oz) cans hearts of palm (rinsed, drained, halved lengthwise)
- 4 tablespoons garbanzo bean liquid (reserved (aquafaba))
- 1/4 cup vegan mayonnaise
- 1 teaspoon vegan Worcestershire sauce
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1/2 cup green onion (sliced)
- 2 teaspoons kelp granules
- 1 tablespoon dried parsley
- 1 1/2 teaspoons Old Bay seasoning
- 1/2 teaspoon sea salt (plus more to taste)
- 1 teaspoon granulated garlic
- 1 cup breadcrumbs (panko or regular, for mixing)
- as needed breadcrumbs (for coating patties)
- 1/4 cup neutral oil (for pan-frying, divided)
- to serve vegan tartar sauce (optional)
- to serve lemon wedges (optional)
- for garnish green onions (optional, chopped)

Instructions

1. Add garbanzo beans and hearts of palm to a food processor; pulse a few times until flaky (do not over-process). Alternatively, shred with a fork. Set aside.
2. In a large bowl, vigorously whisk the reserved garbanzo bean liquid until foamy.
3. Whisk in vegan mayo, lemon juice, vegan Worcestershire sauce, Dijon, Old Bay, kelp granules, dried parsley, sea salt, and granulated garlic until combined.
4. Fold in breadcrumbs (1 cup), sliced green onion, and the pulsed hearts of palm/garbanzo mixture. Taste and adjust seasoning.

5. Freeze the mixture for 20 minutes to firm up.
6. Spread additional breadcrumbs on a shallow plate for coating.
7. Scoop about 1/4 cup of the mixture, form into a ball, then gently flatten into a patty. Coat both sides in breadcrumbs. Repeat with remaining mixture (makes about 10–12 patties).
8. Heat a large skillet over medium heat for 2–3 minutes. Add about 2 tablespoons of oil and heat until hot and shimmery.
9. Cook 4–5 patties at a time without crowding, 3–4 minutes per side, until golden brown, flipping once.
10. Transfer cooked patties to a paper towel-lined plate. Wipe out the pan, add fresh oil as needed, and repeat with remaining patties.
11. Serve hot with vegan tartar sauce, lemon wedges, and extra green onions, if desired.

Tags: Vegan, American, Appetizer, Main Course, Hearts of Palm, Seafood Inspired
