



## THAI FISH CAKES

Courtesy of: Harriet Walker



### Method:

1. Cook rice as per packet instructions.
2. Process the fish fillets in a food processor to form a mince.
3. Add the egg, cornflour, fish sauce, curry paste, chilli and coriander, and process until combined.
4. Transfer the mixture to a bowl and add the beans and spring onions. Mix well.
5. Form mixture into large patties using a spoon or wet hands.
6. Heat the oil in a large frying pan.
7. Fry patties and turn when golden brown.
8. Remove when cooked and drain.

### Ingredients:

- 200g brown rice
- 1 kg white fish fillet, uncooked
- 2 eggs, beaten
- 6 tbs cornflour
- 2 tbs fish sauce, Red Thai curry paste
- 1 cup fresh coriander
- 2 cm fresh ginger, finely grated
- 2 tsp red chilli, chopped
- 4 spring onion, chopped
- 2 tbs peanut oil
- 1 kg mixed green beans and broccoli

### Nutrition Information

1 serve = 2 patties served with 1/2 cup rice and 125g beans/broccoli.

Nutrient	Per serve
Energy	2089 kJ
Protein	27.5 g
Fat	26 g
Saturated Fat	12.2 g
Carbohydrate	30.6 g
Sugars	14.7 g
Fibre	10.6 g



### HOT TIPS

Great for a light meal, this dish is a good source of lean protein, quality carbohydrate, and also high in fibre.