

# THAI FISH CAKES



**PLANETEATS**


## Nutrient Snippet:

Fish is loaded with heart-healthy Omega-3s, which support brain function, reduce inflammation and improve heart health.

## Nutrient Info:

271 kcal, 7.8g fat, 3.3g sat fat, 29.2g carb, 13.7g sugar, 23.1 g protein, 3.2g fibre, 1.9g salt

**PUTTING HEALTH AND SUSTAINABLE DISHES AT THE FOREFRONT - CELEBRATING ALIUMS, BRASSICAS AND LEGUMES FOR LOW-MEAT COOKING.**



Micronutrient claims	% per serving	% per 100g
Thelmin	30	4
Riboflavin	24	4
Niacin	28	7
Vitimin B6	40	20
Vitimin 12	117	5
Phosphorus	28	40
Potassium	89	40
Iron	44	40

TAKES: 30 MIN   SERVES: 4   DIFFICULTY: EASY

## THAI FISH CAKES

### Ingredients

- 400g Fresh Pollock Hake, *roughly chopped*
- 2 Eggs
- 200g Plain Flour
- 200g Breadcrumbs
- 1 Nori Sheet
- 1tbsp Cornflour
- Zest & juice 1 Lime
- 50g Green Beans, *trimmed and finely sliced*
- ¼ Bunch Coriander, chopped
- 100g Cooked Potatoes, crushed
- 2 tbsp Sunflower Oil, for frying
- 3 tbsp Sweet Chilli Dipping Sauce
- Leafy Salad, to serve

### Method

Tip the fish into a food processor with one egg, curry paste, fish sauce and cornflour, then blitz until smooth. Tip the mixture into a bowl and stir in the lime zest, coriander, cooked potatoes and green beans, then shape into 8 fish cakes.

With the other egg, mix it up and leave in bowl, add another bowl and add flour, one last bowl to add breadcrumbs.

Add crushed up nori sheets to the breadcrumbs. Dip the fish cakes first into the flour, then into the egg and finally into the breadcrumbs.

Heat a little oil in a large non-stick frying pan, then cook the fish cakes (in batches) for a couple of mins each side until golden brown then finish in the oven till cooked in the middle at 75°C.



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