

THAI FISH CAKES

4 servings

Per Serve Calories: 376 Fat: 18g Protein: 39g Carbs: 12g

INGREDIENTS

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600g white fish fillets, skinless and pin boned, cut into chunks

3 tbsp red curry paste, favourite store brand is Maesri, any Asian brand is fine

1 tbsp coriander leaves chopped

1 tbsp fish sauce (sub soy sauce)

1 tbsp lime juice

1 egg

1/4 cup (40g) rice flour (or corn flour)

6 green beans, finely sliced (optional, Note 3)

4 tbsp oil (vegetable, canola, sun flower)

DIRECTIONS

Instructions (likely will work in an Air Frier but may take some trial and error!)

1. Preheat oven to 200C
2. Place fish, red curry paste, coriander, fish sauce, lime and egg in a food processor. Whizz until the fish is minced and it looks like a paste.
3. Transfer to a bowl and stir through rice flour and green beans until flour is all incorporated.
4. Measure tablespoons of the mixture form 1cm thick patties.
5. Place patties on a baking tray and spray with oil
6. Bake for ~20 minutes, turn once as they brown. An air fryer would work well or they can be pan fried.
7. Serve with Sweet Chilli Sauce, garnished with coriander leaves and lime wedges on the side. Add a side of cauliflower rice and a crunch Asian style slaw

