THAI STYLE FISH CAKES

LifeShape Clinic

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INGREDIENTS

500g firm white fish fillets
1/2 cup fresh coriander
1/4 cup cornflour
2 tablespoons fish sauce
2 tablespoons sweet chilli sauce
1 egg
3 green shallots, chopped
50g green beans, chopped
1/3 cup vegetable oil

Salad

2 tablespoons brown sugar
2 tablespoons fish sauce
1 tablespoon soy sauce
1 garlic clove, crushed
Juice of 1 lime
Rocket leaves, washed
1/4 cup pitted olives
1/2 cup cherry tomatoes
1 tablespoon capers

METHOD

1. Place the fish in the bowl of a food processor and process until smooth. Add the coriander, cornflour, fish sauce, sweet chilli sauce and egg, and process until well combined.

2. Transfer the fish mixture to a large bowl. Add the shallot and beans and stir until well combined. Heat the oil in a large frying pan over medium heat. Place 4 egg rings in the pan. Divide the fish mixture into 8 equal portions. Press 1 portion into each egg ring. Cook for 4 minutes each side or until golden brown. Transfer to a plate lined with paper towel. Repeat with the remaining fish mixture.

3. Meanwhile to make the salad, add the sugar, fish sauce, soy sauce, garlic and lime juice into a small jug and stir to combine. Place rocket, olives, tomatoes and capers into a large bowl. Pour dressing over salad and combine well.

4. Divide the salad among plates and enjoy with 2 fish cakes per serve.

Nutrition Guide

4 SERVES

PER SERVE

Energy (cal)	379cal
Protein	28.7g
Fat	20g
Saturated Fat	2.6g
Carbohydrate	18.2g
Sugar	10g
Sodium	321mg
Fibre	2.6g

RECIPE VARIATION

1200

Dinner Requirement: 370-400cal
Meets Requirements: Yes
Total Meal Calories: 379 Cal

1500

Dinner requirement: 420-450cal
Meets requirements: No
Recommendations: Roll each fish cake in wholemeal bread crumbs before adding them to the fry pan.
Total meal calories: 445 cal

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