

Thai Fish Cakes



Serves
2 people

Prep Time

Cooking

Total Time

Calories
587 kcal

Stuff that's in it:

- 50G Spring Onion (Chopped, White Ends Discarded)
 - 2 Garlic Cloves (Finely Chopped)
 - 60G Carrot (Shredded)
 - 124G Asparagus
 - 1 Tbsp Olive Oil
- ½ Or 1 Red Chilli (Finely Chopped)
- 100G Tomatoes (For Garnish (Optional))
 - 160G Peas
- 400G Marks Piper Praise (Boiled And Mashed)
 - 2 Salmon Fillets (Raw)
 - 5Ml Thai Fish Sauce
 - 15G Flour
 - Juice Of 1 Lime
- Small Handful Chopped Coriander

What you do:

Start by adding your salmon to a lightly oiled pan and gently cook while you prepare your veg.

Add your peas and asparagus to a steamer/boil and cook for a few Minutes.

Add your carrot, garlic, chilli, lime juice, fish sauce, coriander and spring onion to the fish pan and turn the fish. Cook gently for a few minutes with oil until golden and soft. Remove the peas and asparagus to one side. When your fish is cooked, add it along with the Thai veg mixture into the mashed potatoes and mix well, careful it will be hot! Using your hand make into a big ball and split into 4 quarters, using a ramekin, push each half of the mixture and make 4 fishcakes. Flour your surface and roll each fishcake so it's covered all over in flour. Turn the heat up on a clean pan, add the oil and gently fry for a few mins each side, until golden.

Serve with the peas and asparagus and tomatoes, i added light sweet chilli sauce and it was amazing!

Nutrition

- Carbs: 59g
- Fat: 21g
- Protein: 37g

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