

THAI FISH CAKES



PREP & COOK TIME

40m



SERVES

4



INGREDIENTS

- 400g white boneless fish fillet, chopped
- 1 clove garlic, quartered
- 4 stems fresh coriander
- 1 tbs red curry paste
- 1 tbs lemon or lime juice
- 1 egg
- 150g green beans, trimmed, cut into 1cm rounds
- 1/2 small red capsicum, diced
- Olive or canola oil spray

METHOD

1. Place fish, garlic, coriander, curry paste, lemon juice and egg into a blender or food processor. Process until mixture is well combined and smooth paste consistency
2. Transfer to a large bowl with capsicum and green beans. Mix until well combined
3. With damp hands, using 2 tbsp mixture at a time, shape mixture into 12 balls. Flatten into 1cm thick patties
4. Spray large non-stick fry pan with oil and place over medium heat. Place 6 fish cakes evenly around the pan. Cook for 3-4 min, then flip and cook for a further 2-3 min. Repeat with remaining fishcakes