



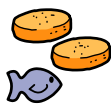
Thai fish cakes



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



Thai



fish cakes



are easy



to cook.



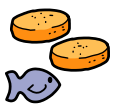
Enjoy



intense



flavour.



They



contain



tasty



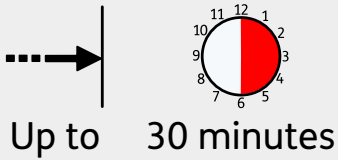
green beans.



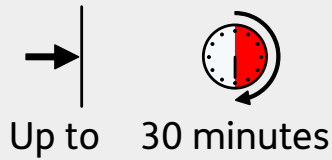
Meal information



Preparation time


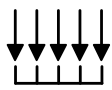



Cooking time



Serves





 Nutrition in each serving:


 Calories
(kcal)

354


 Protein
(g)

38


 Carbohydrate
(g)

9


 Fat
(g)

18


 Fibre
(g)

5



Ingredient List



600g salmon fillet, skin removed and cut into chunks



1 large free-range egg



2 tsp lemongrass paste



2 tbsp Thai red curry paste



1 tbsp fish sauce



4 kaffir lime leaves, finely shredded



100g green beans, finely sliced



1-calorie sunflower oil spray



sea salt and freshly ground black pepper



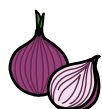
2 limes, cut in half, to serve



2 carrots (about 200g), peeled and cut into thin ribbons



200g cucumber, peeled and cut into thin ribbons



½ red onion, thinly sliced



12 radishes, thinly sliced



large handful of coriander, roughly chopped



60g mixed salad leaves



1 tbsp rice wine vinegar



1 tbsp soy sauce



Equipment List



food processor



2 bowls



wooden spoon



fridge



large pan



hob



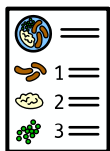
kitchen roll



plates



knife and fork



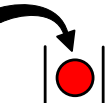



Method







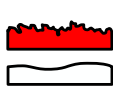

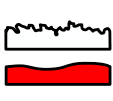




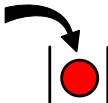



 Put the salmon, egg and lemongrass paste into a food processor.

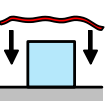







 Add the thai red curry paste, fish sauce, and kaffir lime leaves.

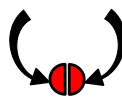



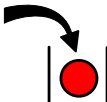



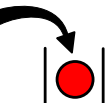






 Add salt and pepper and blend.

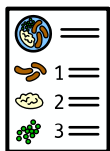





 The mixture should be textured not smooth.







 put mixture in a bowl and mix in green beans.

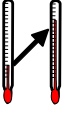

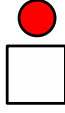
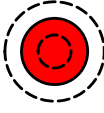





 Cover bowl and put in fridge.







 To make the salad, put salad leaves in a bowl.







 Add carrot, cucumber, red onion, radishes, coriander.

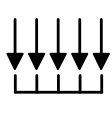
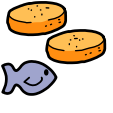



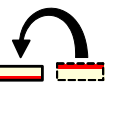




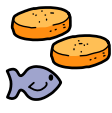
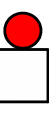
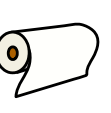


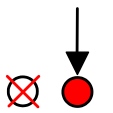
Method

 Heat
  a large pan
  over
  a medium
  heat.


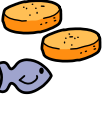

 Divide
  fish cake
  mixture
  into
  8
  pieces.

 Spray oil
  into
  the pan
  and
  add
  4
  fish cakes.

 slightly flatten
  each
  fish cake
  and fry for
  3
  minutes
  on both sides.

 Place
  the fried
  fish cakes
  on
  kitchen roll
  while
  frying
  the rest.

 Add
  the rice vinegar
  and
  soy sauce
  to the salad
  and
  mix
  well.

 Serve
  the fish cakes
  and salad.