

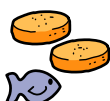
Thai fish cakes



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



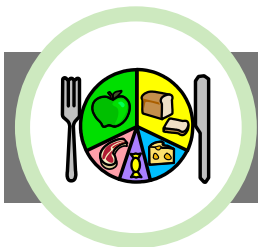
contain



tasty



green beans.



Meal information



Preparation time



Up to



30 minutes



Cooking time



Up to



30 minutes



Serves



4 people



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



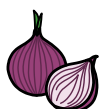
2 limes, cut in half, to serve



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.

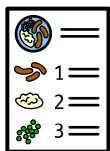
The mixture should be textured not smooth.

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.