# Thai fish cakes

# **Ingredients**

#### Serves 4

480 grams frozen hoki, thawed and diced ¼ cup chopped fresh coriander
1 tablespoon finely chopped fresh ginger
1 chilli, finely chopped
1 spring onion, thinly sliced
2 kaffir lime leaves, finely chopped
1 tablespoon brown sugar
2 teaspoons fish sauce
1 teaspoon sesame oil
1 tablespoon oil

#### **Method**

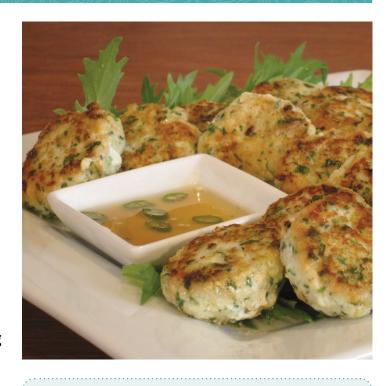
- 1. Place the fish, coriander, ginger, chilli, spring onion, kaffir lime leaves, brown sugar, fish sauce and sesame oil into a food processor.
- 2. Pulse until the fish has been finely chopped but is not yet a smooth paste.
- 3. Shape fish mixture into similar size balls (about the size of a golf ball).
- 4. Flatten slightly.
- 5. Heat oil in a frying pan over medium heat. Place fish cakes in the frying pan using a spatula or fish slice, avoid overcrowding.
- 6. Cook the fish cakes on each side for approximately 5-8 minutes or until golden brown and the fish is white.
- 7. Remove from the pan and keep warm. Repeat if necessary.

## **Serving suggestion**

Serve with rocket and Thai dipping sauce.

#### Tip

 Remember to wash cutting boards after each task.



# **Equipment**

- Cutting board and knife
- Food processor
- Frying pan
- Kitchen scales
- Measuring cups
- Measuring spoons
- Spatula or fish slice

# **Preparation and cooking skills**

Chop, dice, fry, prepare and cook raw fish, slice

### **Nutrition**

- Thai food is well known for its strong aromatic flavours, spiciness and using a variety of vegetables.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.



