

Thai Fish Cakes

with Sweet Chilli Dipping Sauce and Salad

hellóchef

Thai fish cakes are nothing like British fish cakes. They're generally thinner, chewier and altogether more fragrant.

Cals 523 • Prot 53 • Carbs 45 • Fat 17

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2635



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fishcakes	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Fresh coriander	15	30	30	Grams
Red curry paste 7*	20	30	40	Grams
Soy sauce 9*, 10*, 11*	30	40	60	ML
Corn starch	20	60	60	Grams
Organic Eggs 5*	2	3	4	Pieces
Green peas	100	150	200	Grams
Vegetable oil	2	3	4	Tbsp
Slaw				
White cabbage	300	450	600	Grams
Carrot	1	2	2	Pieces
Cucumber	1	2	2	Pieces
Spring onion	50	75	100	Grams
Unsalted peanuts 1*	40	60	80	Grams
Salt	0.5	1	1	Tsp
Dipping sauce				
Lime	2	3	4	Pieces
Sweet chilli sauce	40	60	80	Grams
Fish sauce 6*, 10*	10	15	20	ML

Allergens

***6 Fish, *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *1 Peanuts**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2187 / 523
Fat (g)	17.1
of which saturates (g)	3.7
Carbohydrate (g)	45
of which sugars (g)	20
Fiber (g)	11
Protein (g)	52.8
Salt (g)	10

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Blitz fish

Chop the **cod** perch into small pieces. Chop the **coriander**, including the stalks, roughly. Place the **cod coriander, red curry paste** and **soy sauce** in a food processor. Blitz for 1-2 min or until fully smooth.



2 Make batter

Add the **corn starch** and **eggs** to a bowl and whisk until smooth. Add the **peas** and **cod** mix. Stir to combine. Set aside.



3 Prep salad

Shred the **white cabbage** very finely. Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Slice the **cucumber** into discs, then slice each **cucumber** disc into matchsticks. Finely slice the **spring onion**. Add **cabbage, carrots, cucumber, peanuts** and **spring onion** to a serving bowl, set aside.



4 Prep dipping sauce

Juice half of the **limes** into a small bowl or jar. Add the **sweet chilli sauce** and **fish sauce** and whisk or shake until fully combined – this is your dipping **sauce**.



5 Fry fish cakes

Heat a non-stick pan over a medium-high heat with the **vegetable oil**. Once hot, add 1 heaped Tbsp of **fish** batter at a time and fry for 2 min on each side as though making pancakes. Flip once the edges have set. Once browned and cooked through, transfer the **fish** cakes to kitchen paper. Keep warm.



6 Serve

Dress the salad with the juice from the remaining **limes** and season with **salt**. Mix thoroughly. Serve the fishcakes over the salad with the dipping **sauce** to the side.