

# 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.