

Healthier Thai Fish Cakes

Fresh Ideas



Prep
15m

Cook
15m

Serves
10

Difficulty
● ● ● ○

Ingredients

415g can pink salmon, drained, skin and bones removed and discarded, flaked

1/4 cup Thai red curry paste

1 Woolworths free range egg

1 bunch coriander, leaves picked, plus extra to serve

1 bunch spring onions, thinly sliced, plus extra to serve

1/3 cup corn flour

olive oil, shallow frying

Nutrition per serving



492 kJ / 118 Cal
6% of daily energy intake*

Protein	Fat	Carbs	Sugars
10.0g	5.5g	6.7g	3.0g

Quantities above are a guide only. *Percentage daily energy intake is based on an average adult diet of 8700 kJ.

Description

Using curry paste and canned pink salmon, this nutritionally approved Thai fish cake recipe is sure to impress. Serve as a side with your favourite Thai dishes.

Method

Step 1

Place salmon, paste, egg, coriander and onion in a food processor and process until a coarse paste forms. Add cornflour and process until well combined. Season with pepper.

Step 2

Pour oil into a large, deep frying pan so it just covers the base. Heat over medium-high heat. Working in batches, spoon heaped tablespoonfuls salmon mixture into oil and cook for 3 minutes on each side or until golden and cooked through. Transfer to a paper towel-lined plate. Repeat with remaining fish mixture to make a total of 10 fish cakes, adding more oil, if needed.

Step 3

Scatter extra onion and coriander over fish cakes and serve 4 fish cakes with Healthier satay chicken.