



Thai Style Fishcakes with Stir Fry Vegetables

Ingredients

4 Dietary Special gluten free White Ciabatta rolls, made into breadcrumbs.
450g skinned white fish fillet, such as cod or haddock, cut into chunks.
2 tbsp Thai red curry paste gluten free.
1 tbsp of Thai fish sauce.
2 medium eggs.
1 tsp granulated sugar.
1 ½ tbsp chopped fresh coriander.
75g green beans, finely shredded, blanched.
Oil for shallow frying.

Method

1. Combine the fish, curry paste, fish sauce and 1 egg in a food processor and process for 15 seconds.
2. Add the sugar, coriander, beans and ¼ of the breadcrumbs, process lightly.
3. Remove the mixture from the processor and place in a bowl.
4. Then divide the mixture into 8 and shape each into a round flat cake.
5. Place the remaining egg, beaten, into a shallow bowl and the breadcrumbs onto a plate.
6. Coat each fish cake in the egg and then toss in the breadcrumbs, so it is lightly coated.
7. Heat the oil in a medium frying pan. Then fry half the fish cakes at a time, for 6 - 8 minutes or until golden brown and cooked in the centre and then repeat for the remaining fish cakes.
8. Remove and drain on kitchen paper.
9. Serve with sweet chilli dipping sauce and accompany with stir fry vegetables.