



Michelle Meyer
Functional Nutritional
Therapy Practitioner

Thai Fish Cakes

Serves: 10-12

Ingredients

- 1lb/500g white fish fillets, cut into chunks
- 2 tbsp red curry paste
- 1 tbsp cilantro/coriander leaves, chopped
- 3 tsp fish sauce (or sub with light soy sauce)
- 1 tbsp lime juice
- 1 egg
- $\frac{1}{4}$ cup rice flour (or cornstarch / corn flour)
- 6 green beans, finely sliced (optional)
- 4 - 6 tbsp oil (coconut or avocado)

To Serve

- Cilantro/coriander leaves
- Lime wedges



Directions

1. Place fish, red curry paste, cilantro/coriander, fish sauce, lime and egg in a food processor. Whizz until the fish is minced.
2. Transfer to a bowl and stir through rice flour and green beans.
3. Fill a shallow dish with a bit of water (wet the egg flip so it doesn't stick to the fish cakes).
4. Heat enough oil in skillet over medium high heat to cover the base (3 - 4 tbsp)
5. Place $\frac{1}{4}$ cup (I use an ice cream scoop) of batter in the skillet and pat down to 1cm /2/5" thick with a spatula dipped in water. Cook 4 to 5 at a time. Cook for 3 minutes until golden brown, then turn and cook the other side for 2 minutes. Transfer to paper towel lined plate. Repeat with remaining batter, adding more oil into the skillet if required.
6. Serve Thai Fish Cakes garnished with cilantro/coriander leaves and lime wedges on the side.