



Thai fish cakes and stir-fry vegetables

This is a fantastic main meal that will not leave you feeling overly full and bloated but entirely satisfied. The herb and spice ingredients for the fish cakes are a general guideline, feel free to make as spicy or mild as you'd like. Why not make extra fish cakes and freeze for a quick and easy meal at a later date?

Ingredients

For the fish cakes:

- 1 white fish fillet
- Juice of 1/2 lime
- 1 tsp Thai red curry paste
- 1/4 red chilli
- Handful fresh coriander
- 1/2 TBS fish sauce
- 1/2 TBS sesame oil
- Olive oil

For the stir-fry:

- 1/2 TBS water
- 1/2 TBS soy sauce
- 1/4 bag supermarket stir-fry vegetables



Serves 1

Method



1. Put the fish fillet, lime juice, curry paste, chilli, coriander, fish sauce and sesame oil into a food processor and pulse until the consistency is even
2. Form the mixture into patties and cook them in a pan with the olive oil, turning after 3 minutes
3. In a wok, heat the water and soy sauce, then tip in the stir-fry vegetables
4. Mix, cover and steam for 4 minutes
5. On a plate, arrange the fish cakes on top of the vegetables and serve immediately

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