

Thai Spiced Fish Cakes

with crunchy side salad and sweet chilli drizzle

Calorie Smart 40 – 45 mins

24



Salmon



Sweet Potato



Garlic



Breadcrumbs



Thai Style Spice Mix



Dried Chilli Flakes



Lemon



Carrot



Salad Leaves



Tomato



Mayo

Pantry Items: Oil, Water, Salt, Pepper, Sugar, Flour



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, potato masher, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Sweet Potato	1 unit	2 units
Garlic	1 unit	2 units
Breadcrumbs	1 pack	1 pack
Thai Style Spice Mix	2 sachets	4 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Lemon	1 unit	2 units
Carrot	1 unit	2 units
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Mayo	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	484.5 g	100 g
Energy (kJ/kcal)	2200.8 kJ/ 526 kcal	454.2 kJ/ 108.6 kcal
Fat (g)	23.9 g	4.9 g
Sat. Fat (g)	3.6 g	0.7 g
Carbohydrate (g)	54.9 g	11.3 g
Sugars (g)	14.8 g	3.1 g
Protein (g)	26.5 g	5.5 g
Salt (g)	1.2 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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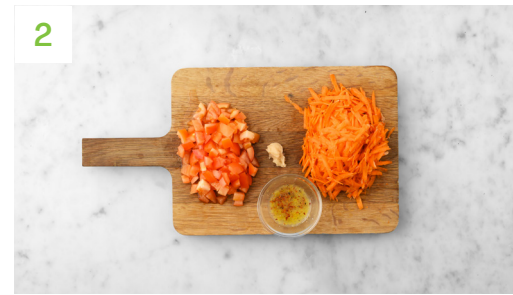
Soften the Sweet Potato

- Boil a large pot of **salted water**.
- Add the **salmon** and simmer until cooked through, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Meanwhile, cut the **sweet potato** into 2cm chunks (peeling optional).
- Once cooked, remove the **salmon** from the pot. Add the **potatoes** to the boiling **water** and cook until fork tender, 15-20 mins.
- Remove the skin from the **fish** then cut into cubes.



Fry the Fish Cakes

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **fish** cakes on one side until golden, 4-5 mins.
- Turn over and cook on the other side for a further 4-5 mins.



Make the Sweet Chilli Drizzle

- While the **sweet potato** cooks, peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** then coarsely grate (no need to peel).
- Chop the **tomatoes** into 1cm pieces.
- Zest and then juice the **lemon**.
- To make your **sweet chilli** drizzle, mix together 1 tbsp **sugar** (double for 4p), **lemon** zest, **lemon** juice and **chilli flakes** (use less if you don't like spice). Season to taste with **salt** and **pepper**.



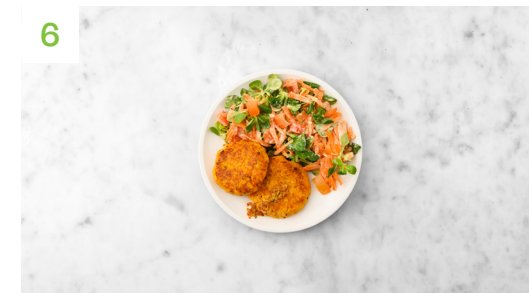
Dress the Salad

- Meanwhile, in a large bowl for the salad, mix together the **mayo**, a pinch of **salt** and **pepper** and 2 tbsp **oil** (double for 4p).
- Just before serving, toss the grated **carrot**, **tomato** and **salad leaves** through the dressing.
- Season to taste with **salt** and **pepper**.



Form the Fish Cakes

- Once the **sweet potato** is cooked, drain in a colander and return to the pot, off the heat.
- Mash the **salmon** and **sweet potato** together until smooth.
- Add the **garlic**, **Thai spice mix** and **breadcrumbs** to the mash (add a teaspoon of **flour** if the mixture is too wet).
- Season with ½ tsp **salt** and ½ tsp **pepper** (double both for 4p).
- Mix until everything is combined. Roll into evenly-sized balls then shape into 2cm thick patties, two per person.



Finish and Serve

- Divide the tasty Thai **fish** cakes between plates and serve with the **sweet chilli** drizzle.
- Plate the crunchy salad alongside.

Enjoy!