

THAI FISHCAKES

WITH LIME YOGHURT



QUICK

10 minutes
prep time

HEALTHY

Salmon is high in protein and low in saturated fat. It is a great source of omega-3 fatty acids

FAMILY



Feeds 5

MEALS

Serve with a fresh salad and noodles

INGREDIENTS

- 5 fillets salmon (approx. 750g) Can also be a mix of salmon and cod
- 3 garlic cloves
- 3 tbs soy sauce
- Large thumb ginger – 5cm/80g
- 2 eggs
- Zest of 3 limes
- 4-5 tbs Thai curry paste
- ½ - 1 red chilli (to taste)
- 4 spring onions
- Large handful coriander
- 60g green beans/mange tout/sugar snap peas

Lime Yoghurt

- 2 tbs Greek/natural yoghurt
- Juice of 1 lime
- Small handful coriander

METHOD

- 1) Put the oven on to 180°C
- 2) De-seed your chilli and roughly chop
- 3) Peel your ginger and chop into chunks
- 4) Put the peeled garlic, ginger and chilli into the food processor and blitz
- 5) Add the eggs, fish, Thai curry paste and soy sauce. Blitz for a short time till mixed but with texture.
- 6) Roughly chop the spring onion, beans and coriander
- 7) Add lime zest, spring onion, coriander and mange tout/ beans and **pulse**
- 8) **You don't want it to be a mush.**
- 9) Place large tablespoons of the mixture onto a lined tray.
- 10) Bake for 15 mins.
- 11) Mix the yoghurt with the chopped coriander and juice of the lime.
- 12) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com