

Thai Fish Cakes with Sweet Chilli sauce



Ingredients (10 portions)

Amount	Measure	Name
200	g	Cod
200	g	Raw prawns
800	g	Creamy Mashed Potatoes , dry
100	g	Onions
500	ml	Knorr Blue Dragon Sweet Chilli Dipping Sauce 2.2L
50	g	Knorr Professional Garlic Puree 750g
20	g	Coriander , chopped
20	ml	Olive oil
200	g	Plain flour
10	pc	Egg , whisked
400	g	White breadcrumbs
5	g	Red Chillies , chopped finely
5	g	Lime zest
10	g	Lemongrass , finely chopped

Preparation

Advance Preparation

Pre heat the grill or oven to 180°C 350°F gas 4, warm the service plates.

Method

1. In a suitable frying pan add the oil followed by the cod, prawns and garlic paste. Fry gently for 2-3 minutes until fully cooked. Cover and put to one side until required. In the same pan add the ginger paste and half the amount of chopped chilli peppers and coriander, fry gently over a low heat for 2-3 minutes or until soft.

2. Decant the chilli sauce into a saucepan, bring to the boil, cover and keep hot until required for use. In a separate pan add the cooked noodles, Chinese leaf, sesame seeds, remaining coriander and ginger paste. Mix well and keep warm.

3. In a large bowl mix the prepared mash potato with the cooked fish and chilli mixture. Gently mix together so not to break up the fish pieces.

4. Place the flour eggs and breadcrumbs into three bowls (in that order). Portion up the fish mixture and put through the flour first, followed by the eggs and finally the breadcrumbs.

5. Place the finished fishcakes on a tray and bake in the oven for 10-15 minutes until piping hot. To serve place a fishcake in the centre of the plate with the noodle salad on the top and sauce around.

Handy hint

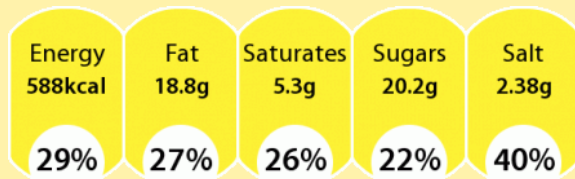
Brush the fish cakes with melted FLORA for a golden colour and great flavour.

Nutrition

Added salt is not recommended but if used keep to a minimum . If using oil use unsaturated (olive or sunflower) and reduce the quantity used where possible. This helps to provide a nutritional balanced dish.

Guideline Daily Amounts

Each portion contains:



of an adult woman guideline daily amounts