



Product Spotlight: Asian Greens

Pak choy, bok choy, gai choy, gai lan, buk choy, en choy... There are countless types of Asian greens. No matter the type, they're all a great source of fibre, antioxidants, and vitamins K and C.



Thai-Style Fish Cakes

with Rice and Asian Veggies

Fragrant homemade fish cakes with no added nasties, only good flavour, wholesome ingredients and a sprinkle of love. Served with stir-fried Asian veggies, jasmine rice and peanut sauce.



35 minutes



2 servings



Fish

In a rush?

Instead of making fish cakes, you can simply cook the fish fillets as-is in a frypan in a little oil/butter. You can add the kaffir lime leaf to the rice when cooking for extra flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	12g	73g

FROM YOUR BOX

JASMINE RICE	150g
PEANUTS	40g
LIME	1
SPRING ONIONS	1 bunch
LIME LEAF	1 double
GINGER	1 piece
WHITE FISH FILLETS	1 packet
CELERY STICK	1
ASIAN GREENS	2 bulbs
RED CAPSICUM	1

FROM YOUR PANTRY

oil for cooking (see notes), pepper, sweet chilli sauce, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan, small food processor (see notes)

NOTES

We used sesame oil for extra flavour.

If you don't have a food processor, you can finely chop the fish cake ingredients using a knife.

We recommend removing the stem of the lime leaf before finely slicing it.



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1. COOK THE RICE

Place **rice** in a saucepan, cover with **275ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SAUCE

Roughly chop **peanuts** and mix together with **1 tsp lime zest, juice from 1/2 lime, 2 tbsp sweet chilli sauce, 1 tbsp soy sauce, 1 tbsp water** and **1 tbsp oil**.



3. MAKE THE FISH CAKES

Roughly chop **1 spring onion**, slice **lime leaf** (see notes) and grate **ginger** to yield 1/2 tbsp. Blend in food processor with **1/2 tbsp oil** and **2 tsp soy sauce** until finely chopped. Dice and add **fish**, pulse to bring together.



4. SHAPE AND COOK

Use **oiled** hands and a 1/4-cup measurer to shape mixture into approximately 5 cakes. Heat a frypan with **oil** over medium-high heat. Add **fish cakes** and cook for 2-4 minutes each side or until golden and cooked through. Remove from pan.



5. STIR-FRY THE VEGETABLES

Re-heat pan with **oil**. Roughly chop remaining **spring onion, celery, Asian greens** and **capsicum**. Add to pan as you go, fry for 2-3 minutes until just cooked through. Season with **1/2 tbsp soy sauce** and **pepper**.



6. FINISH AND PLATE

Wedge **remaining lime**.

Serve **fish cakes** and **rice** with **sautéed vegetables** and **lime wedge**. Spoon over **sauce** to taste.

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