



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



4 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
	25g	11g	33g

FROM YOUR BOX

JASMINE RICE	300g
PEANUTS	40g
LIME	1
SPRING ONIONS	1 bunch
KAFFIR LIME LEAVES	2 double
GINGER	1 piece
WHITE FISH FILLETS	2 packets
CELERY STICKS	2
ASIAN GREENS	1 bunch
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 kaffir lime leaf before finely slicing it.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **550ml** 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 **1/2 lime zest and juice**, **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 **kaffir lime leaves** (see notes) and grate **ginger** to yield 1 tbsp. Blend in food processor for with **1 tbsp oil** 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 10 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 onions**, **celery**, **Asian greens** and **capsicum**. Add to pan as you go, fry for 2–3 minutes until just cooked through. Season with **1 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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