



Thai Spiced Fish Cakes

with crunchy side salad and sweet chilli drizzle

Calorie Smart 40-45 mins • Eat me first

16



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

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	509 g	100 g
Energy (kJ/kcal)	2255.2 kJ/ 539 kcal	443.1 kJ/ 105.9 kcal
Fat (g)	23.5 g	4.6 g
Sat. Fat (g)	3.4 g	0.7 g
Carbohydrate (g)	57.9 g	11.4 g
Sugars (g)	15.4 g	3 g
Protein (g)	26.6 g	5.2 g
Salt (g)	0.9 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Make the Mash

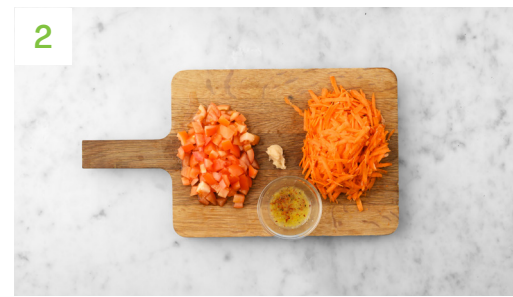
- Boil a large pot of **salted water**.
- Cut the **sweet potato** into 2cm chunks (peeling optional).
- Remove the skin from the **fish**. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Cook the **potatoes** in the boiling **water** until fork tender, 15-20 mins.
- Once **potatoes** are done, add the **fish**. Simmer until cooked through, 4-5 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.

TIP: If you're in a hurry you can boil the water in your kettle.



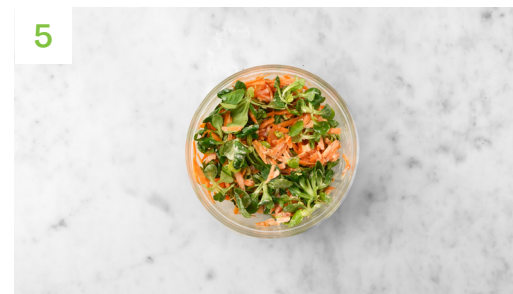
Fry the Fishcakes

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the fishcakes 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 **potatoes** boil, 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**.



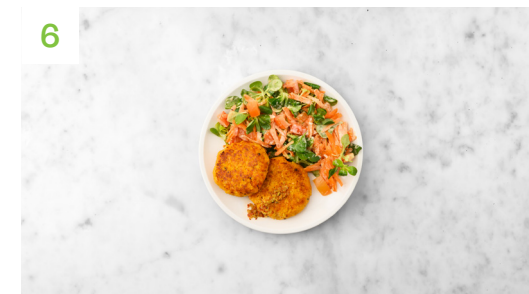
Make the Salad

- 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**, **chopped tomato** and **salad leaves** through the dressing.
- Season to taste with **salt** and **pepper**.



Form the Fishcakes

- Once the **sweet potato** and **salmon** are cooked, drain everything 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.
- 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, 2 per person.



Finish and Serve

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

Enjoy!