

Thai fish cakes with quinoa



Ballarat Health Services

Ingredients

1/3 cup white quinoa, rinsed
4 spring onions, chopped
1 brown onion shallot, chopped
2 garlic cloves, chopped
1/3 cup (80ml) coconut milk
1/4 cup (75g) Thai yellow curry paste
1 tablespoon fish sauce
600g basa fillets, chopped
1/4 cup (60ml) peanut oil
2 cups mint leaves
1 brown onion shallot, extra, cut into thin wedges
200g punnet Perino grape tomatoes, halved
Sweet chilli sauce, to serve
Lime wedges, to serve
Steamed rice, to serve



Method

Step 1 Cook quinoa in a small saucepan of boiling water for 12 mins or until just tender. Drain and refresh under cold running water. Drain.

Step 2 Process spring onion, shallot, garlic, coconut milk, curry paste, fish sauce and basa in a food processor. Transfer to a bowl. Stir in the quinoa.

Step 3 Heat oil in a large frying pan over medium heat. Shape 1/3 cupfuls of the fish mixture into patties and cook, in batches, for 2-3 mins each side or until golden and cooked through. Transfer to a plate lined with paper towel to drain.

Step 4 Meanwhile, place mint, extra shallot and tomato in a bowl and toss to combine.

Step 5 Divide fish cakes among serving plates and serve with the mint salad, sweet chilli sauce, lime wedges and rice.

Put fish on
your week-
night
menu!

Source: www.taste.com.au