

Mini Thai Salmon Fishcakes with Minty Yoghurt Dip

These tasty fishcakes can be cooked under a grill, in a pan or on the barbecue. Everything can be made in advance and then cooked at the last minute. Enjoy as a starter or with our Thai Noodle Salad.



Fish and milk*

Nutritional information per portion (168g):

Energy	Fat	Saturates	Sugars	Salt
1071kJ 256kcal 13%	15g 21%	2.6g 13%	3.8g 4%	0.49g 8%

of an adult's reference intake.
Typical values per 100g: energy 636kJ/152kcal.

Equipment

Food Processor or hand blender
Sharp knife
Chopping board
Grater
Teaspoon
Scissors
Plastic cup
Measuring spoons
Juicer
Small mixing bowl
Fish slice

Ingredients

Serves 4

500g boneless, skinless salmon fillets
4 x 5ml spoon Thai red curry paste
3cm size piece fresh root ginger
10g fresh coriander
10g fresh mint
150ml low-fat natural yogurt
½ lime

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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Method

For the dip

1. Wash the mint and chop with scissors in a plastic cup.
2. Combine the mint with the yoghurt in a mixing bowl.
3. Squeeze the juice from the lime and add to the mint and yoghurt.

For the fishcakes

1. Wash the coriander and chop with scissors in a plastic cup.
2. Peel the ginger using a teaspoon then grate it.
3. Cut the salmon into small cubes.
4. Place the salmon into a food processor with the Thai red curry paste, ginger and chopped coriander. Pulse until combined and not completely smooth.
5. Divide the mixture into 8 even sized balls.
6. Using slightly damp hands, shape each ball into a disk.
7. Place the frying pan on a medium heat.
8. Dry fry the fishcakes for 3-4 minutes or until golden brown then turn over using the fish slice and cook for a further 3-4 minutes. Serve on a plate with the minty yoghurt dip and enjoy.

Something to try next time

- Try making spicy salmon burgers by dividing the mixture into 4 and shaping into patties.
- Serve the burgers in a lettuce leaf instead of a bun and drizzle the minty yoghurt on top for a refreshing change.
- Swap Thai red curry paste for Thai green curry paste for a zingy alternative.

Top Tip

- Put the fishcakes into the pan in a clockwise order starting at 12 o'clock, that way you'll know which ones to turn first.

Skills used include:

Chopping, mixing, squeezing, peeling and frying.