

KETO THAI FISH CAKES WITH WARM ASIAN SALAD



SAVEUR PRODUCT USED

THAI MIX & SATAY SPICE

SUBSTITUTIONS

Substitute fish with ground chicken or pork. For a milder dish, use 2 tsp. Thai Mix. For a “medium” heat level, use 3 tsp. Thai Mix. Broccolini, celery, pepper, cauliflower and carrots are great vegetables to use in this recipe.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

For fishcakes:

1 lb. (500g) white fish, skinned & boned

1 egg

3 tbsp. almond flour/meal

1 tbsp. fish sauce

1-2 tbsp. *Saveur Thai Mix*

3 shallots or green onions, finely sliced

For salad:

3 cups vegetables, sliced

1 tsp. *Saveur Satay Spice*

¼ cup tamari or Bragg Liquid Aminos

1 tbsp. fish sauce

PREPARATION INGREDIENTS

4 tbsp. ghee

¼ cup roasted cashews

For satay dipping sauce (optional):

1 tsp. *Saveur Satay Spice*

2 tbsp. nut butter

1 tbsp. soy sauce

Juice of 1 lemon or lime

METHOD

Bag 1 (large) – Very finely dice fish (or pulse in a food processor). Add egg, flour, fish sauce and spice, then mix well. Gently mix in shallots (if using a food processor, mix in a bowl). Shape mixture into 8 patties and carefully place in large zip-top bag in a single layer.

Bag 2 (large) – Combine 3 cups of sliced vegetables, 1 tsp. Satay Spice, ¼ cup tamari or Bragg Liquid Aminos, and 1 tbsp. fish sauce in a zip-top bag.

Remove all air from bags to prevent freezer burn. Place both bags into large freezer bag, label, date and freeze until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a frypan, gently cook the fishcakes in ghee. Try to only turn them once. Drain on paper towel. Gently sauté the contents of Bag 2. Serve fishcakes with warm salad and top with cashews. If serving with satay dipping sauce, combine all sauce ingredients in a bowl and mix well to combine.

SERVING SUGGESTION: Great with a crisp wombok (cabbage) salad in summer or on a platter with a satay dipping sauce for entertaining.

