

# REV90 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:*

**.66 lb. (300g) 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 Bragg Liquid Aminos**

**1 tbsp. fish sauce**

## PREPARATION INGREDIENTS

**4 tbsp. ghee (only if in maintenance)**

**¼ cup sesame and sunflower seeds**

*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 4 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 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 roasted seeds. If serving with satay dipping sauce, combine all sauce ingredients in a bowl and mix well to combine.

