

# 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](http://www.taste.com.au)