

OVERALL time: 110 mins

THAI FISHCAKES WITH SWEET CHILLI SAUCE

Fishcakes are one of those perfect go-to choices. Fussy kids love them; they're incredibly economical because they really stretch a teeny-weeny bit of protein; and they're ideal for utilising that leftover mash that invariably ends up in the bin if not used fast enough.

At its simplest it is of course just flaked fish mixed with mash, then dipped in egg and breadcrumbs before they're pan-fried. Nothing wrong with that, but why settle for less, when you can so easily have more? Think Thai fishcakes bursting with lemongrass, lime, ginger, chillies and other good stuff.

Cape Herb & Spice Thai 7 Spice is the answer. A liberal dash of it turns the humble hake fishcake into something much more interesting. Serve it with sweet chilli sauce and herby green salad simply dressed with a dash of olive oil and a squirt of lime. Fast. Fresh. Yum.

Metric

Number of servings : 4

ingredients

Main

- 3 Large floury potatoes
- 4 Large spring onions
- 200 g Hake fillets
- 10 ml **Cape Herb and Spice Thai 7 Spice**
- Bunch of coriander, leaves only, finely chopped
- Plain flour
- 1 Egg
- Vegetable oil for frying
- 30 ml Butter
- Breadcrumbs

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 90 mins | COOKING TIME: 20 mins

Peel potatoes, quarter and boil until soft. (NB: do not add any salt when you boil the potatoes. The **Cape Herb & Spice Thai 7 Spice** contains all the sea salt you'll need.) Once soft, drain in a colander and leave for a few minutes to dry. Mash the potatoes. Steam the hake or pan fry, then flake it, taking care to remove any bones and skin.

Finely slice the spring onions, both the white and green bits, and pan fry in the butter for a minute or two until it starts to soften. Remove from the heat, add the mash and Cape Herb & Spice seasoning and mix through thoroughly. Gently fold in the fish and chopped coriander. Roll two tablespoons of the mixture into balls and then press flat very gently with your hands. It helps to lightly flour your hands when you are doing this. If you have time - it's not a train smash if you don't - place the fishcakes in the fridge for 30 minutes to firm up. (You could also pre-make them up to this point, then leave them in the fridge overnight for the next day.)

Dip the fishcakes in flour, then the egg and then the breadcrumbs. Preheat a non-stick pan, add a dash of oil and panfry the fishcakes until golden on both sides. Serve straight away.

This recipe makes 10 medium fishcakes.

Recipe concept & photography by Lizet Hartley. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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