



Prawn cakes with coriander sambal

 Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



134 kcal

Ingredients

- ☐ 3 slices bread white halved
- ☐ 2 shallots halved
- ☐ 1 garlic clove crushed
- ☐ 400 g skinned unsmoked haddock raw peeled
- ☐ 6 servings grating nutmeg fresh generous
- ☐ 1 large eggs
- ☐ 2 tbsp unrefined sunflower oil for frying
- ☐ 1 bell pepper green deseeded
- ☐ 1 chilli green deseeded

- ☐ 1 slice root ginger fresh
- ☐ 2 garlic cloves
- ☐ 40 g packs coriander
- ☐ 1 tsp caster sugar
- ☐ 2 tsp malt vinegar white
- ☐ 1 juice of lemon

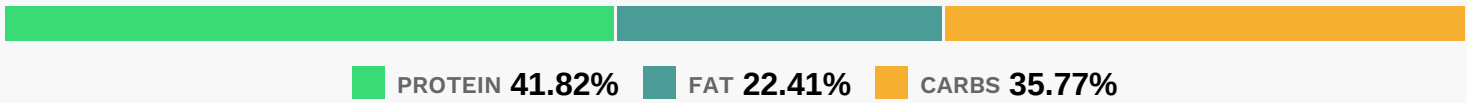
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Put all the ingredients for the fishcakes, except the oil, in a food processor with seasoning and blitz until really well blended. Shape into 12-18 round patties, then chill for up to 1 day until ready to serve.
- ☐ Wash the food processor, then blitz all the sambal ingredients together to make a bright green, wet paste. Season and chill.
- ☐ When ready to serve, fry the fishcakes in the oil for a few mins on each side until golden they will be firm, like Thai fishcakes rather than those made with potato. Pile onto a platter with a bowl of the sambal to serve with drinks, or plate up and serve as a starter.

Nutrition Facts



Properties

Glycemic Index:73.14, Glycemic Load:5.84, Inflammation Score:-6, Nutrition Score:11.418260843857%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 3.3g (5.08%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 10.06g (3.66%), Sugar: 3.55g (3.95%), Cholesterol: 67mg (22.33%), Sodium: 243.8mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.73%), Selenium: 23.15µg (33.07%), Vitamin C: 21.79mg (26.41%), Vitamin B12: 1.29µg (21.57%), Vitamin K: 22.39µg (21.33%), Phosphorus: 201.26mg (20.13%), Vitamin B6: 0.32mg (16.04%), Vitamin B3: 3.07mg (15.36%), Manganese: 0.25mg (12.3%), Vitamin A: 609.18IU (12.18%), Potassium: 333.66mg (9.53%), Folate: 37.34µg (9.34%), Vitamin B2: 0.13mg (7.52%), Vitamin B1: 0.11mg (7.47%), Fiber: 1.79g (7.18%), Magnesium: 28.34mg (7.08%), Vitamin E: 1.05mg (7.01%), Iron: 1.06mg (5.88%), Vitamin B5: 0.56mg (5.61%), Calcium: 54.76mg (5.48%), Copper: 0.1mg (4.88%), Zinc: 0.59mg (3.92%), Vitamin D: 0.5µg (3.33%)