Snack

Golden cod cakes with sweet chilli dip

Fragrant cod patties blended with red Thai curry paste, French beans and coriander, grilled until golden on both sides. A sticky honey and chilli dip with lime goes alongside.



Low sugar

25 min	170	5.4 g	4.9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 450 g fresh cod
- [ ] 2 tbsp red Thai curry paste
- [ ] 1 egg yolk
- [ ] 75 g French beans, finely sliced
- [ ] 3 tbsp fresh coriander, finely chopped
- [ ] 1 tbsp rapeseed oil
- [ ] zest 1 lime

For the chilli dipping sauce

- [ ] 1 tbsp runny honey
- [ ] 1 tbsp chilli sauce
- [ ] juice 1 lime
- [ ] 2 tbsp fresh coriander, chopped
- [ ] freshly ground black pepper

Nutrition Facts

Per serving

Calories	**170**
Total fat	6.6 g
Saturated fat	0.8 g
Sodium	Not listed
Total carbs	5.4 g
Fiber	1.5 g
Total sugars	4.9 g
Protein	21.4 g

Method

- [ ] **1** Blitz the fresh cod, red Thai curry paste and egg yolk in a food processor until evenly combined.
- [ ] **2** Fold in the finely sliced French beans, 3 tbsp of the fresh coriander and the lime zest.
- [ ] **3** Shape the mixture into 12 patties and season well.
- [ ] **4** Brush the patties with the rapeseed oil.
- [ ] **5** Preheat the grill, arrange the patties on a baking sheet and grill for 3-4 minutes on each side until golden.
- [ ] **6** Stir the runny honey, chilli sauce, juice of 1 lime, the remaining 2 tbsp fresh coriander and some freshly ground black pepper together to make the chilli dipping sauce, then serve it alongside the fish cakes.

diabic.com/recipes

Scan to open this recipe and its shopping list