

Thai Fishcakes with Cucumber Relish

(Free on Farm Day (R))

500 g firm white skinless fish fillets
200g raw tiger prawns, peeled
1/2 red pepper, deseeded and chopped
2 red chillies, deseeded & chopped
A small handful of fresh coriander
4 spring onions, chopped
2 garlic cloves, peeled & chopped
1 small egg, lightly beaten
2 tbsp finely chopped lemon grass
1 tbsp Thai fish sauce (nam pla)
125g green beans, trimmed and cut
Into 5mm pieces
Low cal cooking spray

For the relish

2 tbsp sweetener, 500ml rice vinegar
2 cucumbers, halved lengthways, deseeded and cut into thin strips
1 red chilli, deseeded & chopped
2 shallots, peeled & finely chopped
4 tbsp fresh chopped coriander
1/2 tsp Thai fish sauce (nam pla)

Place chopped fish, prawns, red pepper, chillies, coriander, spring onions, garlic, egg, lemongrass & fish sauce in blender & blend to a paste. Put into a bowl with green beans and chill for 2 hours.

Preheat oven 220oC/Fan 180oC/Gas 6

Shape mixture into 24 small flat cakes,

About 3 cm in diameter and bake on baking sheet sprayed with fry light for 15 mins or until puffed up & lightly golden.

To make relish, dissolve sweetener in the vinegar and toss the cucumber slices in it. Fold in red chilli, shallots & coriander. Stir in fish sauce just before serving.