

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Indian Spiced Fish Cakes

Serves 4

Ingredients

2 large potatoes (white or sweet) cubed
2 shallots, roughly chopped
4 Thai chillies, stalks removed
3 garlic cloves, roughly chopped
480 g of skinless, boneless Hamour fillets
6 tsp curry powder
2 large eggs, beaten
200g fresh breadcrumbs, toasted in the oven until crispy but not too brown
5 tbsp vegetable oil
4 tsp black mustard seeds
400g fine green beans, trimmed
20 dried or fresh curry leaves

To serve

Greek plain yoghurt
Mango chutney

Method

Boil the potato in salted water until tender about 10 minutes for white potato slight less for sweet. Drain and mash. In a food processor, whizz the shallot, chillies and garlic to form a paste. Add the fish and 4 tsp curry powder. Season with salt and pepper and whizz to a **coarse** paste.

Place in a bowl and add the potato. Shape into 8 patties. Dip each pattie into the egg, then coat in the breadcrumbs. (These can be frozen at this stage, separate each pattie with parchment and freeze for up to 3 months. Defrost in the fridge prior to cooking.)

Heat 1 tbsp oil in a frying pan; add the mustard seeds. When they sputter, add the beans, curry leaves and 2 tsp curry powder. Season and fry over a medium heat for 4-5 minutes until the beans are tender.

Heat the remaining oil in a large frying pan; fry the fishcakes for 2-3 minutes until golden and cooked through.

Serve with the beans, yoghurt and mango chutney.

Per serving:

664 cals

24g fat (3.2g saturated)

66g carbs

Cost – approx 12 AED per serving