

Asian-Style Hoki Fish Cakes & Garlic Rice

with Pickled Carrot Salad & Sweet Chilli Mayo

SKILL UP

NEW

Grab your meal kit with this number

41



Garlic



Jasmine Rice



Carrot



Coriander



Hoki Fillets



Sweet Soy Seasoning



Ginger Paste



Panko Breadcrumbs



Cucumber



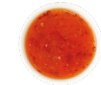
Fresh Chilli (Optional)



Lemon



Mixed Salad Leaves



Sweet Chilli Sauce



Mayonnaise



Peeled Prawns



Hoki Fillets

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich

Eat Me First

Time to unleash your inner chef! Dive into a world of new flavour with these Asian-style fish cakes, crispy on the outside and juicy, tender and fragrant on the inside. Served with garlic rice, a tangy pickled carrot salad and a drizzle of sweet chilli mayo, this dish is a fun, zesty twist on dinner time!

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Plain Flour, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid • Food processor • Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	1	2
coriander	1 packet	1 packet
vinegar* (white wine or rice wine)	¼ cup	½ cup
hoki fillets	1 packet	2 packets
sweet soy seasoning	1 medium sachet	2 medium sachets
ginger paste	1 medium packet	1 large packet
plain flour*	¼ cup	½ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
fresh chilli (optional) 🌶️	½	1
lemon	½	1
mixed salad leaves	1 small packet	1 medium packet
sweet chilli sauce	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2963kJ (500cal)	500kJ (84cal)
Protein (g)	39.3g	6.6g
Fat, total (g)	29.1g	4.9g
- saturated (g)	9.1g	1.5g
Carbohydrate (g)	67.4g	11.4g
- sugars (g)	11g	1.9g
Sodium (mg)	904mg	152.4mg
Dietary Fibre (g)	7g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



4 Pan-fry the hoki patties

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **crumbed hoki patties** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the patties don't stick to the pan.



2 Pickle the carrot

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- Finely chop **coriander**.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **carrot** to the pickling liquid. Add enough **water** to just cover carrot. Set aside.

TIP: Peeling the carrot very thinly helps it pickle faster!



5 Toss the salad

- While the patties are cooking, thinly slice **cucumber** into half-moons. Thinly slice **fresh chilli** (if using). Slice **lemon** into wedges. Drain **pickled carrot**.
- In a large bowl, combine **mixed salad leaves**, **cucumber**, **carrot**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper** to taste.



3 Make the hoki patties

- Transfer **hoki fillets**, **sweet soy seasoning**, **ginger paste**, **coriander**, remaining **garlic**, half the **plain flour** and a pinch of **pepper** to a food processor. Pulse until the mixture resembles a chunky paste. Transfer **hoki mixture** to a bowl.
- Using damp hands, shape **mixture** into 2cm-thick patties (2 per person).
- In a shallow bowl, combine the remaining **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Gently dip **hoki patties** into **flour mixture** to coat, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

TIP: If you don't have a food processor, use a blender or stick blender instead.



6 Serve up

- In a small bowl, combine **sweet chilli sauce** and **mayonnaise**.
- Divide garlic rice between bowls. Top with Asian-style hoki fish cakes and pickled carrot salad.
- Drizzle over sweet chilli mayo.
- Garnish with **chilli** to serve. Enjoy!

CUSTOM OPTIONS



ADD PEELED PRAWNS

Add to the food processor, along with the hoki fillets. Continue with method above.



DOUBLE HOKI FILLETS

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

