

Fish Cake Pho (Noodle Soup)

Ingredients (Makes 5 cups)

Fish Cakes	Broth	Topping (Optional)
1 kg Fish 2 tsp fish sauce 2 tsp sesame oil ¼ C Soy sauce 2 x egg whites Handful coriander ½ onion 3 x garlic cloves 1 tsp chilli flakes	1 x carrot 1 x celery stick ½ an onion 2 x noodle packets 1 ½ Litres of water 2 x stalks silverbeet 5 x mushrooms 1 x spring onion	Fried Egg Avocado Coriander Chilli flakes Cracked pepper

Step 1: Preheat oven to 160°C and gather your ingredients for the fish cakes.



Step 2: Dice onion and garlic and add to food processor with chilli flakes.



Step 3: Dice fish into chunks and add to food processor with soy sauce, sesame oil, fish sauce and egg whites.



Step 4: Blend mixture until combined.



Step 5: Use 1/3 C to scoop mixture and shape into circles.



Step 6: Spray pan with oil and brown each side for 3 – 4 mins at a med-high heat. Finish off in oven at 160° C fan grill.



Step 7: Gather all ingredients for the broth. If you have stocked up on noodles for this lockdown, add 2 x flavoring sachets to 1 ½ liters of water in a bowl to the side.



Step 8: Fry off carrot, onion and celery with 1 TBSP oil in pot on a medium heat for 5 mins. Add flavored water from step 7 to pot & simmer for 20mins. (We've put in the chicken frame from last night's dinner to create more flavor).



Step 9: thinly chop silver beet, mushroom, spring onion.



Step 10: boil noodles 7min high heat.



Step 11: remove carcass & veg, keep broth simmering 5min.



Step 12: add veg to broth for 2min then transfer to bowl with noodles before adding broth.



Step 13: finally add broth, fish cakes, fried egg, avocado & coriander to garnish!



Enjoy whānau!!