

PRAWN CAKES WITH MANGO CHUTNEY

Serving Size: 4 Preparation Time: 35 minutes




INGREDIENTS


Prawn Cakes

- 500g raw prawns, peeled and deveined
- 1 bell pepper
- 1 red onion
- 1 green chilli
- 2 cups breadcrumbs

Blending Ingredients

- ½ tsp baking powder
- ½ tsp garam masala
- ¼ tsp turmeric powder
- 1 tsp red chilli powder
- ½ tsp coriander powder
- 1 tbsp ginger garlic paste
- HCS lower-sodium salt to taste 

Mango Chutney

- 2 mangoes, diced
- ½ red onion, diced
- 2 tsp grated fresh ginger
- 1 clove garlic
- ¼ cup honey
- ¼ cup white vinegar
- HCS lower-sodium salt to taste 
- pepper to taste



Healthier Choice Symbol (HCS)

PRAWN CAKES WITH MANGO CHUTNEY



METHOD

Prawn Cakes

- 1) Preheat oven to 200°C.
- 2) Put the prawns together in a blender with the blending ingredients.
- 3) Once blended, place the mixture in a clean bowl. Add onions, bell peppers and green chilli to the mixture to give it a good mix.
- 4) Use a small ice cream scoop (dipped in water) and scoop out the mixture into small balls.
- 5) Coat the balls fully with breadcrumbs. Flatten them out a little and bake them for 15-20 minutes, flipping them over halfway through.

Mango Chutney

- 1) Add the oil on a pan. Add onion, ginger, garlic, mangoes, honey and vinegar over low-medium heat.
- 2) Let it simmer for about 7-10 minutes, stirring often. Add salt and pepper to taste.
- 3) Remove from heat and let it cool slightly. Once it cools, it should thicken up.
- 4) Enjoy with the prawn cakes.