

Fish and rice balls

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Fish and rice balls

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Combine basmati rice, white fish, spring onions, coriander and ginger.

Ingredients (serves 8)

- 1 cup of basmati rice uncooked
- 2 cups of water or chicken stock
- 400g boneless white fish fillets (variation is to add 100g of king prawn)
- 1 small can of water chestnuts, drained and chopped
- ½ cup sliced spring onions
- 1 cup chopped fresh coriander
- 1 teaspoon chopped fresh ginger
- 1 tablespoon of fish sauce
- 2 egg whites

Method

Soak rice in water or stock for at least two hours. Drain and tip into a shallow bowl. Place fish in a food processor and mince. Add remaining ingredients and mix well.

Using wet hands, take out a tablespoon of the fish mixture and roll it in the rice. Continue in this way – mixture should make 16-to-18 balls. Place the fish balls on lightly oiled greaseproof paper in a steamer (bamboo or stainless steel – or use a metal rack or tiny non-stick muffin pans on a rack in a

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frying pan).

Place water in base of steamer, cover and steam fish balls for 15 minutes.

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