

Vietnamese Fish Cakes with Dill – Cha Ca Thi La

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/nile-perch-indian-recipe>

Ingredients:

- 2 pounds nile perch either, or Talapia fillets, refrigerated or defrosted
- 1 1/8 cups dill finely chopped
- 2 spring onions trimmed, chopped
- 3 large garlic cloves finely chopped
- 2 tablespoons fish sauce
- 1/2 cup potato starch
- 3 tablespoons canola oil /, 45 ml of
- 3 tablespoons ice water /, 45 ml of
- 1/2 baking powder a tsp of
- 1 teaspoon salt
- 2 teaspoons sugar
- cracked pepper
- 1 chilli birdseye, finely chopped, optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 95 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1470 milligrams
9. Sugar: 4 grams

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