

## Prawn and Smoked Haddock Koftas Recipe

**Ingredients:** Makes 18

1 large egg  
2 large slices of white bread, crusts removed  
1-2 green chilies (seeded, if wished)  
2.5cm piece root ginger, roughly chopped  
2 garlic cloves, roughly chopped  
200g cooked and peeled small prawns (thawed and drained if frozen)  
200g smoked haddock, roughly chopped  
2-3 tablespoons finely chopped fresh coriander leaves  
6-8 fresh mint leaves, finely chopped  
2-3 shallots, finely chopped  
½ teaspoon fennel seeds, crushed  
a pinch of salt, or to taste  
sunflower oil, for deep-frying

**Method:**

Put the egg, bread, chilies, ginger and garlic in a food processor and blend until smooth. Add the prawns and haddock and, using the pulse action, blend them to a coarse mixture, then transfer to a mixing bowl. Add the remaining ingredients except the salt. Mix well and form the mixture into 18 walnut-sized balls. Heat the oil in a wok or other suitable pan over medium-high heat and fry the koftas in batches until golden brown. Drain on kitchen paper. Serve with a mango dip. Make a simple mango dip by blending together 90g mango chutney and 90g crème fraiche. Add salt to taste and a little hot chili powder if you like. Chill the dip before serving.

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