



U C O O K

— COOKING MADE EASY

Classic Smoked Trout Fish Cakes

with sweet potato mash, zesty green beans & sweet chilli sauce

A restaurant classic to delight your dinner table! Smoked trout fishcakes rest on a bed of silky sweet potato mash, swirled with herbs and spices for flavour complexity. With crunchy, lemony green beans, flecks of fresh parsley, and dollops of sweet chilli sauce.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-size chunks</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
2	Smoked Trout Fish Cakes
15ml	CarbSmart Sweet Chilli Sauce
5ml	NOMU Roast Rub
1	Lemon <i>one half zested & cut into wedges</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)

1. STEAMY SWEET POTATO Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Cover and allow to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

2. STEAMY GREEN BEANS When the sweet potato is cooked, transfer to a bowl, reserving the water in the pot. Cover the sweet potato and set aside to keep warm. Return the pot and colander to the heat and pop in the halved green beans. Steam for 4-5 minutes until cooked al dente. Drain on completion and run under cold water to stop the cooking process.

3. FRY THE FISH CAKES Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the fish cakes on one side for 2 minutes until heated through and golden. Flip, baste the top with the sweet chilli sauce, and cook for a further 2 minutes until sticky. (They're precooked, so only need to be heated up!) Remove from the pan on completion and set aside.

4. MASH IT UP Pop a knob of butter or coconut oil (optional) into the sweet potato and add a splash of milk or water. Mash with a fork or potato masher until smooth. Season with the Roast Rub to taste and mix until combined. Toss the green beans with a drizzle of oil, some seasoning, and the lemon zest and juice to taste.

5. SERVE IT UP Make a bed of silky mash and side with the zesty green beans. Top with the trout fish cakes and spoon over any sweet chilli sauce from the pan. Sprinkle with the fresh, chopped parsley and serve with a lemon wedge. Delish!



Chef's Tip

Fish cake ingredients: trout, oak smoke, herbs, breadcrumbs, onion, lemon, garlic, Dijon mustard, salt, and pepper.

Nutritional Information

Per 100g

Energy	735kJ
Energy	176Kcal
Protein	4.9g
Carbs	22g
of which sugars	4.7g
Fibre	2.7g
Fat	6.9g
of which saturated	2.1g
Sodium	254mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 2
Days