



# UCOOK

## Fishcakes & Katsu Curry Sauce

**with basmati rice, coconut flakes &  
cashew nuts**


Tantalise all of your tongue's taste receptors with this intricate curry dish. On a bed of coriander rice comes golden pan-fried fishcakes. An addictively delicious Katsu curry sauce is poured over, with notes of ginger, soy & tangy tomato. Charred pineapple rings, heated until smoky & extra sweet, and a delicious coconut & cashew nut duo make this a savour-every-drop curry.

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Serves:** 4 People

**Chef:** Suné van Zyl

 Adventurous Foodie

 Bertha Wines | Bertha Rosé 2023

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## Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
2	Onions <i>peel &amp; finely dice</i>
2	Apples <i>rinse, peel, core &amp; finely dice</i>
4 units	Crumbed Snoek Fishcakes
4	Fresh Chillies <i>rinse, trim, deseed &amp; finely slice</i>
20ml	Katsu Spice Blend <i>(5ml Ground Ginger &amp; 15ml Medium Curry Powder)</i>
40ml	Katsu Sauce Base <i>(20ml Tomato Paste &amp; 20ml Low Sodium Soy Sauce)</i>
12	Tinned Pineapple Rings <i>drain</i>
80g	Coconut Flakes & Cashews

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender  
Paper Towel

**1. CORIANDER RICE** Boil the kettle. Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add ½ the chopped coriander, fluff with a fork, and cover.

**2. ONION & APPLE** Place a pot over medium-low heat with a drizzle of oil. When hot, fry the diced onion and the diced apple, covered, until slightly softened, 8-10 minutes (shifting occasionally).

**3. GOLDEN FISHCAKES** Place a pan over medium heat with enough oil to cover the base. When hot, fry the fishcakes until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Season.

**4. KEEP CALM AND KATSU** Once the onion & apple have softened slightly, stir in ½ the sliced chilli (to taste), 320ml of boiling water, and the Katsu spice blend. Cook until fragrant, 2-3 minutes (shifting occasionally). Stir through the Katsu sauce base. Increase the heat to medium-high and simmer until thickened, 4-5 minutes. Pour into a blender and pulse until smooth. If the mixture is too thick, add warm water in 10ml increments until drizzling consistency. Season, cover, and set aside.

**5. PINING FOR PINEAPPLE** Return the pan to medium heat with a drizzle of oil. When hot, fry the drained pineapple rings until charred, 1-2 minutes per side. Remove and set aside.

**6. NO ORDINARY DINNER TONIGHT!** Plate up the coriander rice. Top with the crispy fishcakes and cover in the curry sauce. Side with the charred pineapple rings. Garnish with the toasted coconut & cashews and the remaining coriander and chilli (to taste).



## Chef's Tip

Air fryer method: Air fry the fishcakes at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	642kj
Energy	151kcal
Protein	4.6g
Carbs	24g
of which sugars	6.1g
Fibre	2.3g
Fat	3.9g
of which saturated	1.5g
Sodium	245mg

## Allergens

Gluten, Allium, Wheat, Fish, Tree Nuts, Soy, Cow's Milk, Shellfish

Eat  
within 2  
Days