

# UCOOK

## Crumbed Fishcakes & Wasabi Mash

with black sesame seeds & teriyaki sauce

A cloud of creamy wasabi mash sits next to a refreshing raw salad of radishes and cucumbers and crispy, crumbed snoek fishcakes. A sprinkling of black sesame seeds and teriyaki sauce for dunking complete this amazing Asian-inspired dinner.

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Fan Faves

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 Creation Wines | Creation Sauvignon Blanc/Semillon

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## Ingredients & Prep

|        |                                                               |
|--------|---------------------------------------------------------------|
| 200g   | Potato<br><i>rinse, peel &amp; cut into bite-sized pieces</i> |
| 2,5ml  | Wasabi Powder                                                 |
| 5ml    | Black Sesame Seeds                                            |
| 20g    | Salad Leaves<br><i>rinse</i>                                  |
| 20g    | Radish<br><i>rinse &amp; slice into thin rounds</i>           |
| 100g   | Cucumber<br><i>rinse &amp; slice into rounds</i>              |
| 1 unit | Crumbed Snoek Fishcakes                                       |
| 20ml   | Teriyaki Sauce                                                |

## From Your Kitchen

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

**1. NO ORDINARY MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the wasabi powder (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. TOASTED** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FRESHNESS** In a bowl, combine the rinsed leaves, the radish rounds, the cucumber rounds, a drizzle of olive oil, and seasoning. Set aside.

**4. FRY THE FISH** Return the pan to 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, drain on paper towel, and season.

**5. A BITE WITH A BIT OF A KICK** Plate up the wasabi mash. Side with the radish salad and the crumbed fishcakes. Sprinkle over the sesame seeds and serve with the teriyaki sauce for dunking. Dig in, Chef!



## 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             | 464kJ   |
| Energy             | 108kcal |
| Protein            | 5g      |
| Carbs              | 15g     |
| of which sugars    | 1.6g    |
| Fibre              | 1.9g    |
| Fat                | 3.1g    |
| of which saturated | 0.8g    |
| Sodium             | 465mg   |

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Fish, Soy, Cow's Milk,  
Shellfish

Eat  
Within  
1 Day