

UCOOK

Crumbed Snoek Fishcakes & Pesto Mayo

with green beans & peas

What's the opposite of an exhausting cook in the kitchen? This recipe, Chef! In less than 20 minutes, you will be savouring a plate full of shredded greens with pops of peas and charred green beans. Alongside you can enjoy mouthfuls of golden crumbed fishcakes with a creamy Pesto Princess Basil & Lemon Pesto-infused mayo.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 2 People

Chef: Megan Bure

Quick & Easy

Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

160g	Green Beans <i>rinse & trim</i>
80ml	Pesto Mayo <i>(50ml Mayo & 30ml Pesto Princess Basil & Lemon Pesto)</i>
2 packs	Crumbed Snoek Fishcakes
40g	Salad Leaves <i>rinse & roughly shred</i>
100g	Peas

From Your Kitchen

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

1. BEAN THERE, DONE THAT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

2. MMMMAYO In a bowl, loosen the pesto mayo with water in 5ml increments until drizzling consistency.

3. HERE FISHY, FISHY 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 and drain on paper towel. Season.

4. ALREADY DINNER TIME? Make a bed of the shredded salad leaves. Top with the charred green beans and the peas. Serve the fishcakes alongside. Drizzle over the pesto mayo.

Nutritional Information

Per 100g

Energy	735kj
Energy	171kcal
Protein	6.5g
Carbs	15g
of which sugars	2.8g
Fibre	2.7g
Fat	9.2g
of which saturated	1.4g
Sodium	458mg

Allergens

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

Eat
Within
2 Days