



# UCCOOK

## Crumbed Fishcakes & Pesto Mayo

with a side salad

After making this dish in only 4 steps, Chef, you will feel super eff-fish-ient! The steps are simple but the flavours are so rewarding, with golden pan-fried fishcakes, sided with crispy potato wedges and a salad medley of greens, lime juice & nuts. Don't forget the basil pesto & mayo dip!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 3 People

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**Chef:** Megan Bure

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 Fan Faves

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 Waterford Estate | Waterford Sauvignon Blanc

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## Ingredients & Prep

600g	Potato <i>rinsed &amp; cut into wedges</i>
30ml	NOMU Italian Rub
15g	Pumpkin & Sunflower Seed Mix
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
30ml	Lemon Juice
3 packs	Crumbed Snoek Fishcakes
105ml	Pesto Mayo <i>(60ml That Mayo (Original) &amp; 45ml Pesto Princess Basil &amp; Lemon Pesto)</i>

## From Your Kitchen

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

**1. ITALIAN-SPICED SPUDS** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and the NOMU rub. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. SEEDS & SALAD** Place the seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). In a salad bowl, toss together the shredded leaves, the toasted seeds, the lemon juice, a drizzle of olive oil, and seasoning.

**3. CRISPY FISHCAKES** 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. DELISH FISH!** Plate up the golden fishcakes. Side with the potato wedges and the toasted seed salad. Serve the pesto mayo on the side for dipping. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the potato wedges in oil and the NOMU rub. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	701kJ
Energy	164kcal
Protein	6.1g
Carbs	19g
of which sugars	1.3g
Fibre	2.4g
Fat	6.8g
of which saturated	1.6g
Sodium	419mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Fish

Cook  
within 2  
Days