



# UCOOK

## Snoek Fishcakes & Ruby Onion Salad

**with sunflower seeds & Danish-style feta**

Golden snoek fishcakes rest atop a loaded salad featuring oven-roasted beets, pearly baby onions, cucumber, dill & toasted sunflower seeds. Add to that crumbles of creamy feta and a drizzle of lemony-yoghurt, and you've got yourself an impressive-looking dish, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Fan Faves

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## Ingredients & Prep

300g	Beetroot Chunks <i>cut into bite-sized pieces</i>
9	Baby Onions <i>peel &amp; quarter, keeping the stems intact</i>
30g	Sunflower Seeds
8g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
90g	Danish-style Feta <i>drain &amp; crumble</i>
90ml	Low Fat Plain Yoghurt
30ml	Lemon Juice
3 packs	Crumbed Snoek Fishcakes
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot pieces and the quartered onions on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. TOAST** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PREP** Pick and roughly chop the dill. Drain and crumble the feta. In a small bowl, combine the yoghurt with the lemon juice (to taste) and seasoning. Add water in 5ml increments until drizzling consistency.

**4. FRY** 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. (Alternatively use an air fryer: Air fry at 200°C until crispy, 10-15 minutes, shifting halfway). Remove from the pan and drain on paper towel. Season.

**5. COMBINE** In a salad bowl, combine the roast veg, the shredded leaves, the cucumber half-moons, the toasted sunflower seeds, ½ the chopped dill, a drizzle of olive oil, and seasoning.

**6. EAT!** Plate up the loaded salad. Top with the golden fishcakes and the crumbled feta. Drizzle over the lemony-yoghurt. Garnish with the remaining dill. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces and the quartered baby onions in oil, and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	439kJ
Energy	103kcal
Protein	5.2g
Carbs	13g
of which sugars	3.7g
Fibre	2.3g
Fat	4.1g
of which saturated	1.4g
Sodium	272mg

## Allergens

Gluten, Allium, Wheat, Fish, Cow's Milk, Shellfish

Eat  
Within  
2 Days