



UCOOK

Golden Fishcakes & Red Pepper Hummus

with roasted butternut & sunflower seeds

When you've had a long day at the office, but still want to sit down with a satisfying plate of home-cooked food - save this recipe! Golden snoek fishcakes sided with roasted butternut chunks, onion wedges, and a fresh salad. Serve with red pepper hummus and you're done!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Morgan Otten

 Quick & Easy

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

750g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
2	Onions <i>1½ peeled & cut into thick wedges</i>
15ml	NOMU Roast Rub
2	Tomatoes
60g	Salad Leaves
150g	Cucumber
90ml	Red Pepper Hummus
30g	Sunflower Seeds
6	Crumbed Snoek Fishcakes
45ml	White Wine Vinegar

From Your Kitchen

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

1. CRISPY VEGGIES Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. GET SOME PREP DONE Rinse, thinly slice, and season the tomato. Rinse the salad leaves. Rinse and cut the cucumber into rounds. Loosen the hummus with water in 10ml increments until drizzling consistency and season.

3. SUNNY SEEDS 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.

4. FLAVOURFUL FISHCAKES When the roast has 10 minutes to go, 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.

5. IT'S THE SIMPLE THINGS In a salad bowl, combine the vinegar, a drizzle of olive oil, seasoning, the rinsed salad leaves, the tomato slices, the cucumber rounds, and the toasted sunflower seeds.

6. AND DINNER IS DONE! Plate up the roasted vegetables alongside the golden fishcakes and the fresh salad. Serve with the loosened red pepper hummus on the side for dunking. Easy peasy, Chef!



Chef's Tip

Air fryer method: Coat the fishcakes in oil and season. Air fry at 200°C until crispy, 8-10 minutes (flipping halfway).

Nutritional Information

Per 100g

Energy	412kJ
Energy	98kcal
Protein	4.1g
Carbs	12g
of which sugars	2g
Fibre	1.9g
Fat	3.2g
of which saturated	0.7g
Sodium	269mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Fish

Cook
within 2
Days