



UCOOK

Fishcakes & Cheat's Hollandaise

with **crispy sweet potato & a pea and kale salad**

Beautifully crumbed hake & salmon fishcakes are smothered in a creamy cheat Hollandaise sauce made from Dijon mustard, vinegar, butter, dill and crème fraîche. Served with roasted sweet potato and a pea & kale dressed salad. All the skill with none of the fuss!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Waterford Estate | Waterford MCC

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
5ml	NOMU Provençal Rub
10g	Slivered Almonds
10ml	Mustard Vinegar <i>(5ml Dijon Mustard & 5ml White Wine Vinegar)</i>
80g	Peas
50g	Kale <i>rinsed & roughly shredded</i>
2	Salmon & Hake Crumbed Fishcakes
30ml	Crème Fraîche
3g	Fresh Dill <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter
Paper Towel

1. ROASTED GOODNESS Boil a kettle. Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray. Coat in oil, the provençal rub and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. NUTS Place the slivered almonds in a nonstick pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

3. PREP In a salad bowl, add ½ the mustard vinegar, 15ml of olive oil, and ½ a tsp of a sweetener of choice. Mix to combine and season. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain and add to the bowl with the salad dressing.

4. FRY Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated in oil. Return the pan to a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and return to the bowl. Cover with a plate and keep warm. Return the pan to a high heat with enough oil to cover the base. When hot, add the fishcakes and fry for 2-3 minutes per side until golden and heated through (they're precooked, so only need to be heated up). Remove from the pan and drain on paper towel.

5. HOLLANDAISE Wipe down the pan and return to a low-medium heat. Add in the crème fraîche, the remaining mustard vinegar, ½ the chopped dill and 30ml of warm water. Gently simmer for 2-3 minutes, stirring occasionally. Remove from the heat and whisk in 15g of butter. If needed, loosen with warm water in 5ml increments. Season and set aside. Add the kale to the salad bowl with the peas and salad dressing, and toss to combine.

6. PLATE IT UP Dish up the golden fishcakes and pour over the creamy Hollandaise sauce. Serve with the crispy sweet potato chunks and the kale & pea salad. Garnish with the toasted almonds and remaining dill. Perfection, Chef!



Chef's Tip

Kale is high in vitamin C and iron. Vitamin C assists with the absorption of iron so this is a good duo!

Nutritional Information

Per 100g

Energy	593kj
Energy	139kcal
Protein	5.2g
Carbs	15g
of which sugars	3.7g
Fibre	2.9g
Fat	5.6g
of which saturated	2g
Sodium	321mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish, Tree Nuts, Shellfish/Seafood

Cook
within 2
Days