



UCCOOK

Homemade Smoked Trout Fishcakes

with charred broccoli, capers, feta & pecan nut salad

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	391kj	2868kj
Energy	94kcal	686kcal
Protein	3.5g	25.4g
Carbs	12g	87g
of which sugars	3.2g	23.8g
Fibre	2.5g	18.4g
Fat	3.7g	27.1g
of which saturated	1.6g	11.6g
Sodium	174mg	1278mg

Allergens: Cow's Milk, Allium, Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, & cut into bite-sized pieces</i>
10g	20g	Pecan Nuts
1 pack	2 packs	Smoked Trout Ribbons
30ml	60ml	Crème Fraîche
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
10g	20g	Capers <i>drain & roughly chop</i>
30ml	60ml	Cornflour
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **SWEET TATERS** Preheat the oven to 200°C. Place the sweet potato in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and place in a bowl. Mash with a fork or potato masher and set aside to cool in the fridge for at least 10 minutes.

2. **PREPARATION STATION** Place the pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and roughly chop. Set aside. Roughly chop the trout ribbons. Loosen the crème fraîche with a splash of water and a squeeze of lemon juice.

3. **HI, SWEETCAKES!** When the sweet potato has cooled, add the trout, ½ the parsley, ½ the spring onion, ½ the capers, the lemon zest (to taste), the corn flour, and a sprinkle of pepper to the bowl. Mix until combined. Wet your hands slightly to prevent the mixture from sticking to them and roll into 2-3 fishcakes per portion.

4. **GOLDEN DELICIOUS** Place the fishcakes on a greased baking tray and lightly coat in oil. Bake in the hot oven, 15-20 minutes. In the final 5 minutes, turn the oven to the grill setting or the highest temperature and grill until golden brown and cooked through.

5. **BROC MY WORLD** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the broccoli until lightly charred, 5-6 minutes. Season and set aside.

6. **GREEN MACHINE** In a salad bowl, combine the broccoli, the green leaves, the remaining capers, the feta, the nuts, a squeeze of lemon juice, seasoning, and a drizzle of olive oil. Toss until combined.

7. **DIVINE!** Plate up the homemade fishcakes. Side with the charred broccoli salad. Garnish with the remaining parsley and spring onion. Serve with the crème fraîche for dunking. Well done, Chef!