



UCOOK

Fishcakes & Dairy-free Potato Bake

with a fresh salad & a pesto drizzle


A divine, dairy-free coconut milk potato bake served with succulent trout fishcakes, drizzled with pesto and sided with fresh cucumber and salad leaves. What are you waiting for?


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

 Easy Peasy

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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Ingredients & Prep

400g	Potato <i>peeled (optional) & sliced into thin rounds</i>
200ml	Coconut Milk
1	Onion <i>peeled & thinly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Vegetable Stock
80g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>sliced into half-moons</i>
1	Lemon <i>zested & cut into wedges</i>
30ml	Pesto Princess Basil & Lemon Pesto
4	Smoked Trout Fishcakes

From Your Kitchen

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

1. POTATOES GONNA POTATE Preheat the oven to 200°C. Place the sliced potatoes, coconut milk, sliced onion, grated garlic (to taste), veg stock, some seasoning and 80ml of water in a bowl. Mix until the potatoes and onions are fully coated. Lightly grease a small roasting tray and layer the sliced potato and onion mixture on the tray. Pour over any remaining cream mixture. Place in the hot oven and roast for 35-40 minutes until cooked through and golden.

2. SAUCY SALAD In a salad bowl, add the rinsed salad leaves, cucumber half-moons, a drizzle of olive oil, a squeeze of lemon juice and seasoning. Toss until fully combined. In a separate bowl, add the pesto, 2 tbsp of olive oil, some lemon zest (to taste) and some seasoning. Mix until fully combined.

3. FAB FISHCAKES When the potato bake has 5 minutes remaining, pat the fishcakes dry with some paper towel. Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the fishcakes for about 2 minutes per side until golden and heated through (they're precooked, so only need to be heated up). Remove from the pan on completion.

4. QUICK STICKS DINNER! Serve up a generous helping of the potato bake. Side with the succulent fishcakes drizzled with the zesty pesto. Serve with the leafy salad and garnish with a lemon wedge. Tuck in!



Chef's Tip

Coconut milk naturally separates into the thicker coconut cream and thinner coconut milk. To bring it back together, simply shake it up! If this doesn't work, use a fork or whisk to bring it together.

Nutritional Information

Per 100g

Energy	463kj
Energy	111Kcal
Protein	2.8g
Carbs	14g
of which sugars	1.7g
Fibre	1.7g
Fat	5g
of which saturated	2.9g
Sodium	124mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts

Cook
within 2
Days