



# UCOOK

## Crumbed Fishcakes & Vermicelli Salad

with cabbage, cucumber & mayo-soy dressing

Long, al dente strands of vermicelli noodles are tossed with pan-fried cabbage, elegant carrot ribbons, & cucumber matchsticks. Topped with a golden snoek fishcake, dollops of a zesty mayo dressing, and cooling fresh mint. Save this recipe to repeat for the perfect summer's day, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Eunice Ngouapindi Mboumba

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Fan Faves

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Laborie Estate | Laborie Sauvignon Blanc

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## Ingredients & Prep

150g	Rice Vermicelli Noodles
3 packs	Crumbed Snoek Fishcakes
200g	Cabbage <i>rinse &amp; thinly slice</i>
360g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
150g	Cucumber <i>rinse &amp; cut into matchsticks</i>
125ml	Mayo
90ml	Soy Dressing <i>(60ml Low Sodium Soy Sauce &amp; 30ml Lemon Juice)</i>
8g	Fresh Mint <i>rinse, pick &amp; roughly slice</i>

## From Your Kitchen

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

**1. NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

**2. FISHCAKES** 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.

**3. CABBAGE** Return the pan to medium heat with a drizzle of oil. When hot, fry the shredded cabbage until slightly wilted but still crunchy, 2-3 minutes. Remove from the heat and season.

**4. JUST BEFORE SERVING** In a salad bowl, combine the noodles, the cabbage, the carrot ribbons, the cucumber matchsticks, a generous drizzle of olive oil, and season. In a small bowl, combine the mayo and the soy dressing. Loosen with water in 5ml increments until drizzling consistency.

**5. DINNER IS READY** Plate up the loaded noodles, top with the golden fishcakes, drizzle over the mayo-soy dressing, and scatter over the sliced mint. Dig in, Chef!



## Chef's Tip

Air fryer method: Air fry the fishcakes at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	646kJ
Energy	151kcal
Protein	4.8g
Carbs	18g
of which sugars	2.9g
Fibre	2g
Fat	6.8g
of which saturated	1.2g
Sodium	423mg

## Allergens

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

Eat  
Within  
2 Days