



UCOOK

Golden Fishcakes & Red Hummus

with roasted pumpkin, red onion & 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 salmon & hake fishcakes with a side of roasted pumpkin chunks & onion wedges, plus 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 Nell

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

600g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	Red Onions <i>1½ peeled & cut into thick wedges</i>
15ml	NOMU Roast Rub
2	Tomatoes
60g	Salad Leaves
150g	Cucumber
90ml	Red Pepper Hummus
6	Crumbed Salmon & Hake Fishcakes
45ml	White Wine Vinegar
30g	Sunflower Seeds

From Your Kitchen

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

1. CRISPY VEGGIES Preheat the oven to 200°C. Place the pumpkin pieces and onion wedges on a roasting tray, coat in oil, the rub and season. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. GET SOME PREP DONE Slice the tomatoes into thin slices and season. Rinse the salad leaves. Cut the cucumber into rounds. Loosen the hummus with water in 10ml increments until drizzling consistency and season.

3. FLAVOURFUL FISHCAKES When the roast has 10 minutes to go, place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the crumbed fishcakes for 2-3 minutes per side until golden and crisp. Remove from the pan, season, and drain on paper towel.

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

5. 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

If you have an air fryer, use it to cook the fishcakes. Coat in oil, season, and pop in the air fryer at 200°C. Cook for 8-10 minutes until crispy, flipping halfway.

Nutritional Information

Per 100g

Energy	408kJ
Energy	95kcal
Protein	4.2g
Carbs	11g
of which sugars	2.3g
Fibre	2g
Fat	3.4g
of which saturated	0.8g
Sodium	281mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Fish, Shellfish/Seafood

Cook
within 2
Days