

UCOOK

Laborie's Fishcakes & Mediterranean Veg

with kalamata olives & Danish-style feta

With this recipe, you will transform the traditionally summer ingredient of fishcakes into a warming winter dinner. Pan fried until golden, these seafood flavourbombs are sided with a butternut & silky onion medley, elevated with NOMU Roast Rub. Finished with an olive & bell pepper salsa and creamy feta crumbles.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Laborie Winery

Fan Faves

Laborie Estate | Laborie Rosé 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
2	Onions <i>peel & cut 1½ into wedges</i>
30ml	NOMU Roast Rub
2	Bell Peppers <i>rinse, deseed & dice 1½</i>
60g	Pitted Kalamata Olives <i>drain & roughly slice</i>
3 units	Crumbed Snoek Fishcakes
60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. OVEN ROASTED VEG Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. START THE SALSA In a bowl, combine the diced peppers, the sliced olives, a drizzle of olive oil, and seasoning.

3. GOLDEN 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.

4. DIVE INTO DINNER Plate up the roast butternut & onion. Scatter over the pepper & olive salsa. Crumble over the drained feta. Slide with the crispy fishcakes.



Chef's Tip

Air fryer method: Coat the butternut half-moons and the onion wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	384kJ
Energy	90kcal
Protein	3.8g
Carbs	11g
of which sugars	2.1g
Fibre	2g
Fat	3g
of which saturated	1g
Sodium	296mg

Allergens

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

Eat
Within
2 Days