

Eat Within 2 Days

UCOOK

Fishcakes & Smashed Baby Potatoes

with a fresh zesty salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	585kJ	3470kJ
Energy	137kcal	812kcal
Protein	4.7g	28g
Carbs	14g	81g
of which sugars	1.7g	9.9g
Fibre	1.4g	8.1g
Fat	6.4g	38.2g
of which saturated	1.4g	8.1g
Sodium	665mg	3946mg

Allergens: Sulphites, Egg, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes *rinse*
5ml	10ml	Greek Seasoning
200g	400g	Fish Snoek Fishcakes Crumbed
20g	40g	Salad Leaves *rinse & roughly shred*
50g	100g	Cucumber *rinse & cut into half-moons*
20ml	40ml	Lemon Juice
20g	40g	Pickled Onions *drain & thinly slice*
20g	40g	Gherkins *drain & finely dice*
3g	5g	Fresh Chives *rinse & finely chop*
50ml	100ml	Creamy Mayo *(25ml [50ml] Mayo & 25ml [50ml] Yoghurt)*

From Your Kitchen

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

1. LET'S GO! Preheat the oven to 220°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. GREEK-SPICED SPUDS Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and sprinkle the Greek seasoning over. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. FAB FISHCAKES When the potatoes are halfway, spread the fishcakes on a separate roasting tray. Roast until crisp, 10-12 minutes. Alternatively, air fry at 200°C until crisp, 8-10 minutes.

4. ALMOST DONE In a salad bowl, combine the salad leaves, cucumber, lemon juice, onion, and a drizzle of olive oil. In a separate bowl, add the gherkins, ½ the chives and creamy mayo.

5. DIVE IN Plate up the crisp fishcakes, side with the golden potatoes and the salad. Garnish with the remaining chives, and serve the tartar sauce on the side for dipping. Dig in, Chef!