



UCCOOK

Trout Fishcakes & Wasabi Mash

with a smashed cucumber salad & pak choi

A simple dish with fabulous flavour! Here we give you a new take on an old favourite with delish BBQ-basted fishcakes and spicy wasabi mash. Served with a sweet & acidic smashed cucumber salad and tender steamed pak choi.

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Quick & Easy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

250g	Potato Chunks
2,5ml	Wasabi Powder
100g	Cucumber
37,5ml	Dressing <i>(15ml Rice Wine Vinegar, 7,5ml Sesame Oil & 15ml Low Sodium Soy Sauce)</i>
150g	Pak Choi <i>trimmed at the base</i>
2	Smoked Trout Fishcakes
35ml	Basting Sauce <i>(25ml Asian BBQ Sauce & 10ml Mirin)</i>
5ml	Black Sesame Seeds
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter (optional)

1. BOIL THE POTS Place a pot of cold salted water over a high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), the wasabi powder (to taste), and seasoning.

2. SIMPLY SMASHING! Using a rolling pin or bottle, smash the cucumber and slice it into bite-sized pieces before lightly seasoning. In a bowl, combine the dressing with 1 tbsp of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the cucumber pieces and toss until fully coated. Set aside to marinate until serving.

3. PAK CHOI PARTY Separate the leaves of the trimmed pak choi and rinse well. Slice in half lengthways. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the halved pak choi leaves for 1-2 minutes until slightly wilted. Remove from the heat and season.

4. LET THEM EAT FISHCAKES! Pat dry the fishcakes with some paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the fishcakes for 2 minutes per side until golden and heated through (they're precooked, so only need to be heated up). In the final minute, baste the fishcakes in the basting sauce.

5. PLATE IT UP! Plate up a hearty helping of the wasabi mash and the smashed cucumber. Lay out the wilted pak choi and top with the fabulous fishcakes. Drizzle over any remaining pan juices. Garnish with the black sesame seeds and the chopped mint. Wow, Chef!



Chef's Tip

Be sure to add the wasabi powder a little bit at a time, tasting before you add more to your mash!

Nutritional Information

Per 100g

Energy	562kj
Energy	134Kcal
Protein	4g
Carbs	17g
of which sugars	3.8g
Fibre	1.9g
Fat	5.5g
of which saturated	1.5g
Sodium	187mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Alcohol, Soy

Cook
within 2
Days