



UCOOK

Groote Post's Snoek Fishcakes

with caper-mayo & green beans


Flaky snoek is encased in a crispy, golden crumb, which shares a plate with lightly charred green beans and a zesty cucumber ribbons & greens salad. The well-known flavours are taken to the next level with a creamy caper-mayo sauce and a garnish of crispy capers. It's the definition of so-fish-ticated seafood, Chef!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Groote Post Winery

 Adventurous Foodie

 Groote Post Winery | Groote Post Sauvignon blanc 2023

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Ingredients & Prep

30g	Capers <i>drain & roughly chop</i>
1 unit	Plain Tangy Mayo
20g	Salad Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & peel into ribbons</i>
1	Lemon <i>rinse & cut ½ into wedges</i>
80g	Green Beans <i>rinse & trim</i>
1 pack	Crumbed Snoek Fishcakes

From Your Kitchen

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

1. MMMAYO & SALAD In a bowl, combine ½ the chopped capers with the mayo, a drizzle of olive oil, and seasoning. Set aside. In a salad bowl, toss together the shredded salad leaves, the cucumber ribbons, a squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside.

2. BEAN THERE, DONE THAT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. CRISPY CAPERS Return the pan to high heat with a drizzle of oil. When hot, fry the remaining capers until crispy, 1-2 minutes. Remove from the pan and drain on paper towel.

4. CRISPY FISHCAKES Return the pan to 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, drain on paper towel, and season.

5. SEAFOOD SENSATION Plate up the fishcakes alongside the charred green beans and the cucumber salad. Scatter over the crispy capers. Side with the caper mayo for dunking and the remaining lemon wedges for added zest & freshness!



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	599kj
Energy	140kcal
Protein	4.2g
Carbs	10g
of which sugars	1.7g
Fibre	2g
Fat	9.2g
of which saturated	1.7g
Sodium	440mg

Allergens

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

Cook
within 2
Days