



UCOOK

Crumbed Fishcake Burger

**with roasted potatoes, a DIY tartar sauce
& a fresh salad**

A crispy crumbed salmon & hake fishcake burger is served with a pile of crunchy & totally addictive roasted potato bites. Sided with homemade tartare sauce & a gorgeous fresh feta salad. This is the freshest burger on the block!

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 **Quick & Easy**

 **Leopard's Leap | Culinaria Brut MCC**

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Ingredients & Prep

250g	Potato Chunks
5ml	NOMU Roast Rub
25g	Gherkins
3g	Fresh Dill
55ml	Garlic Yoghurt-Mayo <i>(25ml That Mayo (Garlic) & 30ml Low Fat Plain Yoghurt)</i>
1	Tomato
20g	Salad Leaves
20g	Danish-style Feta
50g	Cucumber <i>cut into half-moons</i>
1	Lemon <i>½ cut into wedges</i>
1	Schoon Burger Bun
1	Crumbed Salmon & Hake Fishcake

From Your Kitchen

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

1. TATER TOTS Preheat the oven to 200°C. Spread out the potato chunks on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. SECRET SAUCE While the potatoes are roasting, drain and roughly dice the gherkins. Rinse the dill and roughly chop. In a bowl, combine the yoghurt-mayo, the diced gherkins, ¾ of the chopped dill, and seasoning.

3. SIMPLE SALAD Slice the tomato into rounds and set aside. Drain and crumble the feta. Rinse the salad leaves. In a bowl, combine ½ the rinsed salad leaves, the crumbled feta, the cucumber half-moons, the remaining dill, a squeeze of lemon juice, a drizzle of oil, and seasoning.

4. TOASTY BUNS Halve the burger bun and spread butter over the cut-side or drizzle with oil. Place a pan over medium heat. When hot, add the halved bun, cut-side down, and toast for 1-2 minutes until crisp.

5. FISHCAKE FRY UP Return the pan to medium heat with enough oil to cover the base. When hot, add the crumbed fishcake and fry for 2-3 minutes per side until golden. (Don't worry, they're precooked!) Drain on paper towel.

6. BURGER NIGHT! Smear some of the tartar sauce on the bottom bun half. Top with the remaining salad leaves, the tomato rounds, and the crumbed fishcake. Top with a dollop of the remaining tartar sauce and close up with the other bun half. Side with the roast potatoes and the salad. Serve with any remaining lemon wedges and tartar sauce for dunking... Mmm!

Nutritional Information

Per 100g

Energy	464kJ
Energy	110kcal
Protein	4g
Carbs	16g
of which sugars	1.8g
Fibre	1.9g
Fat	3.1g
of which saturated	1.1g
Sodium	221mg

Allergens

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

Cook
within 2
Days