



# UCCOOK

## Crumbed Fishcakes & Pesto Mayo

with cheesy potatoes & a seed salad

Golden crisp fishcakes are dunked in a divine pesto mayo, and sided with cheesy roasted potato wedges and a toasted seed salad. Crispy, creamy, fragrant and fresh, what more could you want from dinner?

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**Hands-On Time:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Quick & Easy

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 Boschendal | Le Bouquet

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## Ingredients & Prep

200g	Potato <i>cut into thin wedges</i>
10ml	NOMU Italian Rub
15g	Grated Cheddar Cheese
25g	Gherkins
20g	Salad Leaves
30ml	Pesto Mayo <i>(20ml That Mayo (Original) &amp; 10ml Hemp Seed &amp; Rocket Pesto)</i>
5g	Pumpkin & Sunflower Seed Mix
10ml	Raspberry Vinegar
2	Crumbed Salmon Fishcakes

## From Your Kitchen

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

**1. POTATO WEDGES** Preheat the oven to 220°C. Place the potato wedges on a roasting tray, coat in oil, the rub, and seasoning. Roast in the hot oven for 20-25 minutes, shifting halfway. In the final 5-8 minutes, sprinkle over the grated cheese. On completion, the cheese should be melted and the wedges should be cooked through.

**2. PREP & PESTO** Drain and roughly chop the gherkins. Rinse the salad leaves and set aside. In a small bowl, combine the pesto mayo, the chopped gherkins, and seasoning.

**3. SIMPLE SEED SALAD** Place the seed mix in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and place in a bowl. Add the rinsed salad leaves, the toasted seeds, the raspberry vinegar, a drizzle of oil, and seasoning. Toss until fully combined.

**4. FISHCAKE FRY UP** Return the pan, wiped down if necessary, to a medium heat with enough oil to cover the base. When hot, fry the crumbed fishcakes for 2-3 minutes per side until golden and crisp (don't worry, they are precooked!). Remove from the pan on completion, drain on paper towel, and season.

**5. THE MAIN EVENT** Plate up the golden fishcakes. Side with the cheesy potato wedges and the toasted seed salad. Serve the pesto mayo on the side for dipping. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	573kJ
Energy	137Kcal
Protein	4.3g
Carbs	18g
of which sugars	1.5g
Fibre	2.7g
Fat	5.9g
of which saturated	1.4g
Sodium	297mg

## Allergens

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

Cook  
within 2  
Days