

UCOOK

Asian Fusion Trout Fish Cake Burger

with a soy glaze, wasabi mayo & Chinese
5 spice baby potatoes


Indulge in this totally unique burger, double-stacked with sweet-soy-glazed smoked trout fish cakes. It's a food fiesta in your mouth! With flavour kicks from wasabi-infused mayo, tangy pickled radish and cabbage, and potatoes roasted in Chinese 5 spice.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Steenberg Vineyards | Semillon

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
2,5ml	Cape Herb & Spice Chinese 5 Spice
30ml	Rice Wine Vinegar
20g	Radish <i>rinsed, halved & sliced into thin half-moons</i>
100g	Shredded Cabbage
1	Spring Onion <i>finely sliced</i>
30ml	Kewpie Mayo
7,5ml	Wasabi Powder
1	Hamburger Bun <i>halved</i>
2	Smoked Trout Fish Cakes
15ml	Ong's Sweet Indonesian Soy Sauce

From Your Kitchen

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

1. SPUD-TACULAR! Preheat the oven to 200°C. Boil the kettle. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil, the Chinese 5 Spice to taste, and some seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. IN A PICKLE Place the vinegar in a salad bowl with 10ml of boiling water. Mix in 5ml of a sweetener of choice until dissolved to form a pickling liquid. Place the radish half-moons in a separate bowl. Toss through ¼ of the pickling liquid until coated. Place the shredded cabbage and sliced spring onion in the bowl containing the remaining pickling liquid, and toss to coat. Set both bowls aside to pickle. Place the mayo in a small bowl and mix in the wasabi powder to taste until well combined. If necessary, loosen with water in 5ml increments until a runny paste is formed. Set aside for serving.

3. WARM THE BUN When the potatoes have about 10 minutes remaining, place a pan over a medium-high heat with a knob of butter or drizzle of oil. When hot, place the halved bun in the pan, cut-side down. Toast for about 2 minutes until browned and crisp. Remove from the pan and set aside for serving.

4. SWEET & UMAMI Return the pan to a medium-high heat with another drizzle of oil if necessary. Pat the fish cakes dry with paper towel. When the pan is hot, fry on one side for 2 minutes until golden. Flip and baste with the Indonesian soy sauce. Fry for another 2 minutes until warmed through, basting continuously. (They're precooked, so only need to be heated up!) Remove from the pan and set aside to rest for 2 minutes, reserving the sauce in the pan for serving. Drain the pickling liquid from the radish — lose it or reuse it!

5. WOWEE... Drizzle the remaining sauce from the pan on the bottom half of the bun. Pile on some pickled slaw and top with the glazed fish cakes. Slather the wasabi mayo on the other bun half and close up the burger. Plate the crispy potatoes and remaining slaw on the side. Serve with any remaining wasabi mayo for dunking. Indulge yourself, Chef!



Chef's Tip

Fish cake ingredients: trout, oak smoke, herbs, breadcrumbs, onion, lemon, garlic, Dijon mustard, salt, pepper.

Nutritional Information

Per 100g

Energy	747kJ
Energy	179Kcal
Protein	4.4g
Carbs	20g
of which sugars	2.3g
Fibre	1.8g
Fat	5.3g
of which saturated	1.5g
Sodium	149mg

Allergens

Dairy, Allium, Sulphites, Sesame, Soy, Wheat, Gluten, Egg, Fish

Cook
within 1
Day