

# UCCOOK

## Crumbed Fishcakes & Wasabi Mash

with black sesame seeds & teriyaki sauce

A cloud of creamy wasabi mash sits next to a refreshing raw salad of radishes and cucumbers and crispy, crumbed snoek fishcakes. A sprinkling of black sesame seeds and teriyaki sauce for dunking complete this amazing Asian-inspired dinner.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Megan Bure

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Fan Faves

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 Creation Wines | Creation Sauvignon Blanc/Semillon

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## Ingredients & Prep

600g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
7,5ml	Wasabi Powder
15ml	Black Sesame Seeds
60g	Salad Leaves <i>rinse</i>
60g	Radish <i>rinse &amp; slice into thin rounds</i>
300g	Cucumber <i>rinse &amp; slice into rounds</i>
3 units	Crumbed Snoek Fishcakes
60ml	Teriyaki Sauce

## From Your Kitchen

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

**1. NO ORDINARY MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional), the wasabi powder (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. TOASTED** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FRESHNESS** In a bowl, combine the rinsed leaves, the radish rounds, the cucumber rounds, a drizzle of olive oil, and seasoning. Set aside.

**4. FRY THE FISH** 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. A BITE WITH A BIT OF A KICK** Plate up the wasabi mash. Side with the radish salad and the crumbed fishcakes. Sprinkle over the sesame seeds and serve with the teriyaki sauce for dunking. Dig in, Chef!



## 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	464kJ
Energy	108kcal
Protein	5g
Carbs	15g
of which sugars	1.6g
Fibre	1.9g
Fat	3.1g
of which saturated	0.8g
Sodium	465mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Fish, Soy, Cow's Milk,  
Shellfish

Eat  
Within  
1 Day