

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.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Megan Bure

Fan Faves

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10ml	Wasabi Powder
80g	Salad Leaves <i>rinse</i>
20ml	Black Sesame Seeds
80g	Radish <i>rinse & slice into thin rounds</i>
400g	Cucumber <i>rinse & slice into rounds</i>
4 units	Crumbed Snoek Fishcakes
80ml	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