

UCCOOK

DIY Fish Fingers & Wasabi Mayo

with smashed potatoes & a cucumber salad

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	587.6kJ	3192.7kJ
Energy	140.5kcal	763.6kcal
Protein	7.4g	40.1g
Carbs	11.6g	63g
of which sugars	1.1g	6.2g
Fibre	0.9g	5g
Fat	6.4g	34.6g
of which saturated	0.6g	3.5g
Sodium	85.1mg	462.5mg

Allergens: Sulphites, Egg, Fish, Gluten, Sesame, Wheat, Soya

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60ml	80ml	Rice Wine Vinegar
7.5ml	10ml	Dried Chilli Flakes
300g	400g	Cucumber <i>rinse</i>
7.5ml	10ml	Wasabi Powder
15ml	20ml	Black Sesame Seeds
3	4	Line-caught Swordfish Fillets
600g	800g	Baby Potatoes <i>rinse</i>
90ml	125ml	Self-raising Flour
90ml	125ml	Kewpie Mayo
150ml	200ml	Panko Breadcrumbs

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Egg/s

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, season, and cover.

2. SMASHED CUCUMBER Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the vinegar, chilli flakes (to taste), seasoning and toss to combine. Set aside to marinate.

3. SESAME SEED SPUDS Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 2-3 minutes, toss through ½ the sesame seeds.

4. FAB FISH STICKS Pat the fish dry with paper towel, slice into 1-2cm thick sticks (about 3 sticks per fillet) and season. Whisk 2 eggs in a shallow bowl with 3 [4] tsp of water. Prepare two more shallow dishes: one containing the flour, and the other containing the breadcrumbs. First coat the fish sticks in the flour, then the egg, and lastly the crumb. Make sure each fish stick is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings. Place them in the fridge to cool for at least 10 minutes.

5. WASABI MAYO In a bowl, combine the mayo and the wasabi powder (to taste). Season and set aside.

6. CRUMBED & GOLDEN Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the crumbed fish sticks and fry for 2-3 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan, drain on paper towel, and season.

7. YOU DID IT, CHEF! Dish up the sesame smashed potatoes and side with the crispy fish fingers. Serve the smashed cucumber alongside with the wasabi mayo for dipping. Sprinkle over the remaining sesame seeds. Let's eat!