

UCOOK

Fancy Fishcake Feast

with honey carrots & pistachios


A smear of gorgeous garlic pea pureé, golden crumbed salmon fishcakes, a pile of honey-glazed baby carrots dotted with pistachios and feta, and buttery baby potatoes. Sprinkled with picked mint and served with lemony cucumber ribbons for a hit of freshness, this dish is nothing short of spectacular!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Adventurous Foodie

 Boschendal | Rache'sfontein Chenin Blanc

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Ingredients & Prep

360g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
30ml	Honey
300g	Baby Potatoes <i>cut into quarters</i>
2	Garlic Cloves <i>peeled & grated</i>
300g	Peas
150ml	Fresh Cream
12g	Fresh Mint <i>rinsed & picked</i>
2	Lemons <i>1½ zested & cut into wedges</i>
6	Crumbed Salmon Fishcakes
30g	Pistachio Nuts <i>roughly chopped</i>
120g	Danish-style Feta <i>drained</i>
150g	Cucumber <i>peeled into ribbons</i>

From Your Kitchen

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

1. HONEY CARROTS Preheat the oven to 200°C. Spread out the halved carrots on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes, shifting halfway. In the final 3-5 minutes, remove the tray from the oven and toss the honey through the carrots. Return to the oven to roast for the remaining time. On completion, the carrots should be cooked through and crisping up.

2. BUTTERY BABY POTS While the carrots are roasting, place the quartered baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 10-15 minutes until cooked through and soft. Drain on completion and return to the pot. Add a knob of butter to the pot, replace the lid, and shake the pot until the butter is melted and the potatoes are coated. Season to taste and cover to keep warm.

3. PEA PUR-YAY! Place a nonstick pan over a medium heat with a knob of butter and a drizzle of oil. When hot, add the grated garlic and the peas and sauté for 3-4 minutes until fragrant, shifting occasionally. Pour in the cream and leave to simmer for 2-3 minutes until the cream is heated through. On completion, place the mixture in a blender along with ½ the picked mint, the lemon zest, and seasoning. Pulse until smooth. Add water in 10ml increments if it's too thick for your liking. Cover to keep warm and set aside.

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

5. SALAD STATION When the carrots are done, place in a bowl. Add the chopped pistachios, a squeeze of lemon juice, and seasoning. Crumble in the drained feta and toss until fully combined. In a separate bowl, toss the cucumber ribbons with some lemon juice and a pinch of salt.

6. LET THEM EAT FISHCAKES! Smear the pea purée on the plate and top with the golden fishcakes. Side with loaded carrots, the buttery potatoes, and the cucumber ribbons. Sprinkle over the remaining picked mint and garnish with any remaining lemon wedges. Well done, Chef!



Chef's Tip

If you don't own a blender, make a rustic pea purée. After sautéing your peas and garlic, simply mash the peas with a potato masher or fork, pour in the cream and mix, mix, mix!

Nutritional Information

Per 100g

Energy	607kJ
Energy	143Kcal
Protein	5.3g
Carbs	14g
of which sugars	4.3g
Fibre	2.5g
Fat	7.1g
of which saturated	3.3g
Sodium	266mg

Allergens

Gluten, Dairy, Allium, Wheat, Fish, Tree Nuts

Cook
within 2
Days