



WCOOK

Crumbed Fishcakes & Wasabi Mash

with black sesame seeds & teriyaki sauce

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	468kJ	2654kJ
Energy	109kcal	617kcal
Protein	5g	28.5g
Carbs	15g	84g
of which sugars	1.5g	8.6g
Fibre	1.9g	10.8g
Fat	3.2g	18.3g
of which saturated	0.8g	4.4g
Sodium	452mg	2564mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
2,5ml	5ml	Wasabi Powder
5ml	10ml	Black Sesame Seeds
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
100g	200g	Cucumber <i>rinse & slice into rounds</i>
1 unit	2 units	Crumbed Snoek Fishcakes
20ml	40ml	Teriyaki Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. NO ORDINARY MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 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 salad leaves, the radish, the cucumber, 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. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

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 seeds and serve with the teriyaki sauce for dunking. Dig in, Chef!