



UCOOK

Crispy Fishcakes & Creamy Pasta

with fresh parsley

Can't decide between a fishcake or pasta dish for dinner tonight, Chef? Then let's do both! Italian-style hard cheese-infused, garlic bechamel sauce covers al dente linguine pasta. This forms the base for the sensational snoek fishcake, garnished with chilli & fresh parsley.


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Suné van Zyl

Quick & Easy

 Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc 2022

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Ingredients & Prep

125g	Fresh Linguine Pasta
1 pack	Crumbed Snoek Fishcakes
5ml	Chicken Stock
10ml	Cake Flour
10ml	Garlic Powder
50ml	Fresh Cream
25ml	Grated Italian-style Hard Cheese
2,5ml	Dried Chilli Flakes
3g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

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

1. LEKKER LINGUINE Boil the kettle. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. FRY THE FISHCAKE Air fry the fishcakes at 200°C until crispy, 10-15 minutes (shifting halfway). Alternatively, place a pan over 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 and drain on paper towel. Season.

3. GARLIC BECHAMEL While the pasta and fishcakes are cooking, dilute the stock with 100ml of water. Place a pot over medium heat with 20g of butter. When melted, add the flour and cook out, 1-2 minutes. Stir in the garlic powder and the diluted stock, 1 minute. Add the cream and simmer until slightly thickened, 3-4 minutes (stirring occasionally). Remove from the heat and toss through the drained pasta, the cheese, and seasoning. Add a splash of water if it's too thick for your liking.

4. TASTY & TRENDY Bowl up the creamy garlic pasta. Top with the fishcakes. Scatter over the chilli flakes (to taste) and garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	1192kJ
Energy	281kcal
Protein	9.9g
Carbs	31g
of which sugars	2.5g
Fibre	2.1g
Fat	10.1g
of which saturated	4.5g
Sodium	532mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Cow's Milk, Shellfish

Eat
Within
2 Days