



UCOOK

Warm Snoek Fishcake & Rice Bowl

with avocado & slaw

Psssst, Chef. Don't tell anyone, but here's a well-kept cooking secret: Complicated doesn't equal tasty. You'll see what we mean as you savour a bite of this simple but extremely delicious dish featuring crispy-coated snoek fishcakes, steaming jasmine rice, and a lemon-mayo cabbage & carrot slaw, sided with creamy avo. Simply stunning!


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage Rosé

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
1 unit	Crumbed Snoek Fishcakes
1	Avocado
60ml	Lemony Mayo <i>(50ml Mayo & 10ml Lemon Juice)</i>
75g	Shredded Cabbage & Julienne Carrot

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. FISH CAKES 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. SOME PREP Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice the avocado and season. Loosen the lemony mayo with a splash of water. Combine the shredded green cabbage & julienne carrot with the mayo. Season.

4. DINNER IS READY Bowl up the fluffy rice alongside the fishcakes, the creamy slaw, and the avocado slices. 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	901kj
Energy	212kcal
Protein	5g
Carbs	23g
of which sugars	1.5g
Fibre	2.8g
Fat	11.4g
of which saturated	1.6g
Sodium	344mg

Allergens

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

Eat
Within
2 Days