



UCOOK

Fishcakes & Oozy Cheese Sauce

with butternut chips & parsley peas

Flavoursome crumbed fishcakes are fried to perfection before being served alongside crispy butternut chips and lemon parsley peas. This dish is a perfectly balanced texture and flavour act. Easy and completely delicious!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 Paul Cluver | Village Chardonnay 2022

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Ingredients & Prep

250g	Butternut <i>peel (optional) & cut into skinny, 5mm thick chips</i>
40g	Peas
10ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1 pack	Crumbed Snoek Fishcakes
10ml	Cake Flour
60ml	Low Fat Fresh Milk
40g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the butternut chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

2. PARSLEY PEAS Boil the kettle. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and toss with a squeeze of lemon juice, 1/2 the chopped parsley, a drizzle of olive oil, and seasoning.

3. CRISP IT UP Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed fishcakes until golden and crisp, 2-3 minutes per side. Remove from the pan, season, and drain on paper towel.

4. CHEESY SAUCE Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat. Add a splash of warm water or milk (optional) if the sauce is too thick.

5. LET'S DIG IN! Plate the butternut chips alongside the crispy fishcakes. Drizzle over the creamy cheese sauce and serve the parsley peas on the side. Garnish with the remaining parsley and a lemon wedge. Delicious!



Chef's Tip

Air fryer method: Coat the butternut chips in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	544kJ
Energy	127kcal
Protein	6.2g
Carbs	14g
of which sugars	2.4g
Fibre	1.9g
Fat	4.8g
of which saturated	1.9g
Sodium	289mg

Allergens

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

Cook
within 2
Days