



UCOOK

Snoek Fishcakes & Ruby Onion Salad

with sunflower seeds & Danish-style feta

Golden snoek fishcakes rest atop a loaded salad featuring oven-roasted beets, pearly baby onions, cucumber, dill & toasted sunflower seeds. Add to that crumbles of creamy feta and a drizzle of lemony-yoghurt, and you've got yourself an impressive-looking dish, Chef!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

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Ingredients & Prep

100g	Beetroot Chunks <i>cut into bite-sized pieces</i>
3	Baby Onions <i>peel & quarter, keeping the stems intact</i>
10g	Sunflower Seeds
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
30g	Danish-style Feta <i>drain & crumble</i>
30ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
1 pack	Crumbed Snoek Fishcakes
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the beetroot pieces and the quartered onions on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PREP Pick and roughly chop the dill. Drain and crumble the feta. In a small bowl, combine the yoghurt with the lemon juice (to taste) and seasoning. Add water in 5ml increments until drizzling consistency.

4. FRY 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. (Alternatively use an air fryer: Air fry at 200°C until crispy, 10-15 minutes, shifting halfway). Remove from the pan and drain on paper towel. Season.

5. COMBINE In a salad bowl, combine the roast veg, the shredded leaves, the cucumber half-moons, the toasted sunflower seeds, ½ the chopped dill, a drizzle of olive oil, and seasoning.

6. EAT! Plate up the loaded salad. Top with the golden fishcakes and the crumbled feta. Drizzle over the lemony-yoghurt. Garnish with the remaining dill. Well done, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	439kJ
Energy	103kcal
Protein	5.2g
Carbs	13g
of which sugars	3.7g
Fibre	2.3g
Fat	4.1g
of which saturated	1.4g
Sodium	272mg

Allergens

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

Eat
Within
2 Days