



UCOOK

Snoek Fishcakes & Lemon-caper Sauce

with butternut chips

Crispy snoek fishcakes swim in a delectable lemon-caper sauce. Sided with golden butternut chips, and a feta, sun-dried tomato & fresh greens salad. A classic with a tasty twist, Chef!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Jade Summers

Quick & Easy

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

500g	Butternut Chips
2 packs	Crumbed Snoek Fishcakes
20g	Capers <i>drain & roughly chop</i>
20ml	Lemon Juice
40g	Salad Leaves <i>rinse & roughly shred</i>
40g	Danish-style Feta <i>drain</i>
40g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

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

1. FISH & CHIPS Coat the butternut chips in oil and season. Air fry at 200°C until cooked through, 20-25 minutes. At the halfway mark, add the fishcakes, and air fry until crispy, 10-15 minutes (shifting halfway).

2. LEMON-CAPER SAUCE Place a pan over medium high heat with a drizzle of olive oil, and 40g of butter. When hot, fry the diced capers, and the lemon juice until fragrant, 1-2 minutes. Remove from the heat and season.

3. FETA SALAD In a bowl, combine the shredded leaves, the drained feta, and the chopped sun-dried tomatoes, and seasoning.

4. YUM! Plate up the crispy fishcakes, and drizzle over the lemon-caper sauce. Side with the butternut chips, and the fresh salad.



Chef's Tip

Preheat the oven to 200°C. Spread the butternut chips on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	534kJ
Energy	124kcal
Protein	5.5g
Carbs	14g
of which sugars	2.4g
Fibre	2g
Fat	4.7g
of which saturated	1.5g
Sodium	387mg

Allergens

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

**Eat
Within
2 Days**