



UCOOK

Crumbed Fishcakes & Vermicelli Salad

with cabbage, cucumber & mayo-soy dressing

Long, al dente strands of vermicelli noodles are tossed with pan-fried cabbage, elegant carrot ribbons, & cucumber matchsticks. Topped with a golden snoek fishcake, dollops of a zesty mayo dressing, and cooling fresh mint. Save this recipe to repeat for the perfect summer's day, Chef!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Eunice Ngouapindi Mboumba

Fan Faves

Laborie Estate | Laborie Sauvignon Blanc

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Ingredients & Prep

50g	Rice Vermicelli Noodles
1 pack	Crumbed Snoek Fishcakes
100g	Cabbage <i>rinse & thinly slice</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
50g	Cucumber <i>rinse & cut into matchsticks</i>
40ml	Mayo
30ml	Soy Dressing <i>(20ml Low Sodium Soy Sauce & 10ml Lemon Juice)</i>
3g	Fresh Mint <i>rinse, pick & roughly slice</i>

From Your Kitchen

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

1. NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. FISHCAKES Place a pan over medium heat with enough oil to cover the base. When hot, fry the fishcake until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Season.

3. CABBAGE Return the pan to medium heat with a drizzle of oil. When hot, fry the shredded cabbage until slightly wilted but still crunchy, 1-2 minutes. Remove from the heat and season.

4. JUST BEFORE SERVING In a salad bowl, combine the noodles, the cabbage, the carrot ribbons, the cucumber matchsticks, a generous drizzle of olive oil, and season. In a small bowl, combine the mayo and the soy dressing. Loosen with water in 5ml increments until drizzling consistency.

5. DINNER IS READY Plate up the loaded noodles, top with the golden fishcakes, drizzle over the mayo-soy dressing, and scatter over the sliced mint. 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	646kJ
Energy	151kcal
Protein	4.8g
Carbs	18g
of which sugars	2.9g
Fibre	2g
Fat	6.8g
of which saturated	1.2g
Sodium	423mg

Allergens

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

Eat
Within
2 Days