



UCOOK

Fish Fingers & Wasabi Mayo

with roasted butternut & a fresh salad

There is nothing quite like a fish finger to bring you back to childhood! Try our grown up take on the classic fish finger; kingklip is coated in panko breadcrumbs and served with wasabi mayo and a fresh salad. Sesame seed-laced roasted butternut is served alongside for some colour and crunch. A perfect weeknight dinner that the whole family will love!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Megan Bure

 Fan Faves

 Boschendal | 1685 Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
20ml	Black Sesame Seeds
4	Kingklip Fillets
150ml	Self-raising Flour
320ml	Panko Breadcrumbs
10ml	Wasabi Powder
125ml	Kewpie Mayo
80g	Salad Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>cut into half-moons</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

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

1. SESAME BUTTERNUT Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. To make sure they get crispy, don't overcrowd the tray – use two trays instead. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway. On completion, toss through ½ the sesame seeds.

2. FISH PREP Pat the fish dry with paper towel and slice into 2-3cm thick sticks, about 4-5 sticks per fillet. Whisk 2 eggs in a shallow bowl with 4 tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly), and the other containing the breadcrumbs. First coat the fish sticks in the flour, then the egg, and lastly the crumb. Make sure each fish stick is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings. On completion, pop them in the fridge to cool for at least 10 minutes.

3. WASABI MAYO In a bowl, combine the mayo and the wasabi powder (to taste). Loosen with water in 5ml increments until slightly loosened. Set aside. In a bowl, combine the rinsed salad leaves, the cucumber half-moons, the radish rounds, a drizzle of oil, and seasoning.

4. SMALLER FISH TO FRY Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the crumbed fish sticks and fry for 2-3 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan on completion, drain on some paper towel, and season.

5. FISH FINGER LICKING GOOD! Dish up the sesame butternut chunks and side with the crispy fish fingers. Serve the fresh salad alongside with the wasabi mayo for dipping. Sprinkle over the remaining sesame seeds. Let's eat!

Nutritional Information

Per 100g

Energy	581kJ
Energy	139Kcal
Protein	7.1g
Carbs	13g
of which sugars	1.4g
Fibre	1.4g
Fat	2.7g
of which saturated	0.6g
Sodium	41mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites,
Fish, Soy

Cook
within 1
Day