



# UCOOK

## Baked Fishcakes & Hasselback

with a zesty dill-mayo & a fresh cucumber salad

Baked crispy salmon fishcakes dolloped with a zesty dill mayo, sided with a delicious hasselback potato and a sun-dried tomato & cucumber salad. Classic and simple.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Fan Faves

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 Leopard's Leap | Unwooded Chardonnay

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## Ingredients & Prep

800g	Potato
15g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
120ml	Creamy Mayo <i>(40ml That Mayo (Original) &amp; 80ml Sour Cream)</i>
2	Lemons <i>zested &amp; cut into wedges</i>
80g	Salad Leaves <i>rinsed</i>
200g	Cucumber <i>cut into half-moons</i>
80g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
4	Spring Onions <i>finely sliced, keeping the white &amp; green parts separate</i>
8	Crumbed Salmon & Hake Fishcakes

## From Your Kitchen

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

**1. TATO'S** Preheat the oven to 220°C. Place a potato between the handles of 2 wooden spoons or 2 chopsticks. Slice the potato into thin slices, slicing all the way down to the spoons or chopsticks, so the potato is not sliced all the way through. Repeat with the remaining potatoes. Place on a baking tray, cut-side up. Coat in oil and season. Roast in the hot oven for 45-50 minutes.

**2. MAYO** In a small bowl, combine the chopped dill, the creamy mayo, a squeeze of lemon juice, the lemon zest and seasoning.

**3. SALAD** In a large bowl, combine the rinsed salad leaves, the cucumber half-moons, the chopped sun-dried tomatoes, the spring onion whites, a drizzle of oil and seasoning.

**4. FISHY FISHY** When the potatoes have 8-10 minutes remaining, place the crumbed fishcakes on a separate roasting tray and bake in the hot oven for the remaining time. On completion, the fishcakes should be warmed through and crispy and the potatoes should be cooked through.

**5. EAT ME** Plate up the crispy fishcakes. Dollop over the dill-mayo and side with the hasselback potatoes and the sun-dried tomato & cucumber salad. Garnish with the spring onion greens and any remaining lemon wedges. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	537kJ
Energy	125kcal
Protein	5g
Carbs	16g
of which sugars	2g
Fibre	2.2g
Fat	4.6g
of which saturated	1.3g
Sodium	293mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish, Shellfish/Seafood

Cook  
within 2  
Days