



UCOOK

Crumbed Fishcakes & Pesto Mayo

with a side salad

After making this dish in only 4 steps, Chef, you will feel super eff-fish-ient! The steps are simple but the flavours are so rewarding, with golden pan-fried fishcakes, sided with crispy potato wedges and a salad medley of greens, lime juice & nuts. Don't forget the basil pesto & mayo dip!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

 Fan Faves

 Waterford Estate | Waterford Sauvignon Blanc

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

Ingredients & Prep

800g	Potato <i>rinsed & cut into wedges</i>
40ml	NOMU Italian Rub
20g	Pumpkin & Sunflower Seed Mix
80g	Salad Leaves <i>rinsed & roughly shredded</i>
40ml	Lemon Juice
4 packs	Crumbed Snoek Fishcakes
140ml	Pesto Mayo <i>(80ml That Mayo (Original) & 60ml Pesto Princess Basil & Lemon Pesto)</i>

From Your Kitchen

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

1. ITALIAN-SPICED SPUDS Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and the NOMU rub. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. SEEDS & SALAD Place the seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). In a salad bowl, toss together the shredded leaves, the toasted seeds, the lemon juice, a drizzle of olive oil, and seasoning.

3. CRISPY FISHCAKES 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. Remove from the pan and drain on paper towel. Season.

4. DELISH FISH! Plate up the golden fishcakes. Side with the potato wedges and the toasted seed salad. Serve the pesto mayo on the side for dipping. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and the NOMU rub. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	701kJ
Energy	164kcal
Protein	6.1g
Carbs	19g
of which sugars	1.3g
Fibre	2.4g
Fat	6.8g
of which saturated	1.6g
Sodium	419mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Fish

Cook
within 2
Days