



# UCCOOK

## Warm Snoek Fishcake & Rice Bowl

with avocado & slaw

Psssst, Chef. Don't tell anyone, but here's a well-kept cooking secret: Complicated doesn't equal tasty. You'll see what we mean as you savour a bite of this simple but extremely delicious dish featuring crispy-coated snoek fishcakes, steaming jasmine rice, and a lemon-mayo cabbage & carrot slaw, sided with creamy avo. Simply stunning!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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Quick & Easy

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 Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage Rosé

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
3 units	Crumbed Snoek Fishcakes
2	Avocados
180ml	Lemony Mayo <i>(150ml Mayo &amp; 30ml Lemon Juice)</i>
225g	Shredded Cabbage & Julienne Carrot

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. FISH CAKES** Place a pan over 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.

**3. SOME PREP** Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocados and season. Loosen the lemony mayo with a splash of water. Combine the shredded green cabbage & julienne carrot with the mayo. Season.

**4. DINNER IS READY** Bowl up the fluffy rice alongside the fishcakes, the creamy slaw, and the avocado slices. 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	901kj
Energy	212kcal
Protein	5g
Carbs	23g
of which sugars	1.5g
Fibre	2.8g
Fat	11.4g
of which saturated	1.6g
Sodium	344mg

## Allergens

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

Eat  
Within  
2 Days