



# UCOOK

## Golden Fishcakes & Red Hummus

**with roasted pumpkin, red onion & sunflower seeds**

When you've had a long day at the office, but still want to sit down with a satisfying plate of home-cooked food - save this recipe! Golden salmon & hake fishcakes with a side of roasted pumpkin chunks & onion wedges, plus a fresh salad. Serve with red pepper hummus and you're done!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

---

**Serves:** 2 People


---

**Chef:** Morgan Nell

---

 Fan Faves

---

 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021

---

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

## Ingredients & Prep

400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Red Onion <i>peeled &amp; cut into thick wedges</i>
10ml	NOMU Roast Rub
1	Tomato
40g	Salad Leaves
100g	Cucumber
60ml	Red Pepper Hummus
4	Crumbed Salmon & Hake Fishcakes
30ml	White Wine Vinegar
20g	Sunflower Seeds

## From Your Kitchen

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

**1. CRISPY VEGGIES** Preheat the oven to 200°C. Place the pumpkin pieces and onion wedges on a roasting tray, coat in oil, the rub and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

**2. GET SOME PREP DONE** Slice the tomato into thin slices and season. Rinse the salad leaves. Cut the cucumber into rounds. Loosen the hummus with water in 5ml increments until drizzling consistency and season.

**3. FLAVOURFUL FISHCAKES** When the roast has 10 minutes to go, place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the crumbed fishcakes for 2-3 minutes per side until golden and crisp. Remove from the pan, season, and drain on paper towel.

**4. IT'S THE SIMPLE THINGS** In a salad bowl, combine the vinegar, a drizzle of oil, seasoning, the rinsed salad leaves, the tomato slices, the cucumber rounds, and the sunflower seeds.

**5. AND DINNER IS DONE!** Plate up the roasted vegetables alongside the golden fishcakes and the fresh salad. Serve with the loosened red pepper hummus on the side for dunking. Easy peasy, Chef!



## Chef's Tip

If you have an air fryer, use it to cook the fishcakes. Coat in oil, season, and pop in the air fryer at 200°C. Cook for 8-10 minutes until crispy, flipping halfway.

## Nutritional Information

Per 100g

Energy	408kj
Energy	95kcal
Protein	4.2g
Carbs	11g
of which sugars	2.3g
Fibre	2g
Fat	3.4g
of which saturated	0.8g
Sodium	281mg

## Allergens

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

Cook  
within 2  
Days