

Eat Within 2 Days

UCOOK

Crumbed Snoek Fishcake Dinner

with Cajun potato chunks

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	686kJ	3602kJ
Energy	161kcal	844kcal
Protein	5.1g	26.6g
Carbs	18g	93g
of which sugars	4g	20.8g
Fibre	1.8g	9.5g
Fat	7.3g	38.1g
of which saturated	1.1g	5.7g
Sodium	465mg	2440mg

Allergens:

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato Chunks
15ml	20ml	NOMU Cajun Rub
3 packs	4 packs	Crumbed Snoek Fishcakes
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Peas
30g	40g	Pickled Bell Peppers *drain & roughly chop*
180ml	240ml	Sriracha Mayo *(120ml [240ml] Mayo, 30ml [40ml] Sriracha Sauce, 15ml [20ml] Worcestershire Sauce & 15ml [20ml] Maple-flavoured Syrup)*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CAJUN POTATOES Coat the potato in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. GOLDEN FISHCAKES Place a pan over medium heat with a drizzle of oil. When hot, fry the fishcakes until crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry at 200°C until crispy, 10-12 minutes (shifting halfway).

3. ZESTY PEA SALAD In a bowl, combine the lemon juice and a drizzle of olive oil. Add the salad leaves, the peas, the peppers and seasoning. Toss to combine.

4. NICELY SPICED SEAFOOD Plate up the crispy fishcakes alongside the Cajun potatoes and the salad. Serve the sriracha mayo on the side for dipping!