

# UCOOK

## Crumbed Snoek Fishcakes & Pesto Mayo

with green beans & peas

What's the opposite of an exhausting cook in the kitchen? This recipe, Chef! In less than 20 minutes, you will be savouring a plate full of shredded greens with pops of peas and charred green beans. Alongside you can enjoy mouthfuls of golden crumbed fishcakes with a creamy Pesto Princess Basil & Lemon Pesto-infused mayo.

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Quick & Easy

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Laborie Estate | Laborie Rosé 2023

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### Ingredients & Prep

80g	Green Beans <i>rinse &amp; trim</i>
40ml	Pesto Mayo <i>(25ml Mayo &amp; 15ml Pesto Princess Basil &amp; Lemon Pesto)</i>
1 pack	Crumbed Snoek Fishcakes
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	Peas

### From Your Kitchen

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

**1. BEAN THERE, DONE THAT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

**2. MMMMAYO** In a bowl, loosen the pesto mayo with water in 5ml increments until drizzling consistency.

**3. HERE FISHY, FISHY** 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. ALREADY DINNER TIME?** Make a bed of the shredded salad leaves. Top with the charred green beans and the peas. Serve the fishcakes alongside. Drizzle over the pesto mayo.

### Nutritional Information

Per 100g

Energy	735kj
Energy	171kcal
Protein	6.5g
Carbs	15g
of which sugars	2.8g
Fibre	2.7g
Fat	9.2g
of which saturated	1.4g
Sodium	458mg

### Allergens

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

Eat  
Within  
2 Days