



UCOOK

Baked Fishcakes & Hasselback

with a zesty dill-mayo & a fresh cucumber salad

Baked crispy salmon fishcakes dolloped with a zesty dill mayo, sided with a delicious hasselback potato and a sun-dried tomato & cucumber salad. Classic and simple.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Leopard's Leap | Unwooded Chardonnay

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Ingredients & Prep

200g	Potato
4g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
30ml	Creamy Mayo <i>(10ml That Mayo (Original) & 20ml Sour Cream)</i>
1	Lemon <i>½ zested & cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
2	Crumbed Salmon & Hake Fishcakes

From Your Kitchen

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

1. TATO'S Preheat the oven to 220°C. Place a potato between the handles of 2 wooden spoons or 2 chopsticks. Slice the potato into thin slices, slicing all the way down to the spoons or chopsticks, so the potato is not sliced all the way through. Place on a baking tray, cut-side up. Coat in oil and season. Roast in the hot oven for 40-45 minutes.

2. MAYO In a small bowl, combine the chopped dill, the creamy mayo, a squeeze of lemon juice, the lemon zest and seasoning.

3. SALAD In a large bowl, combine the rinsed salad leaves, the cucumber half-moons, the chopped sun-dried tomatoes, the spring onion whites, a drizzle of oil and seasoning.

4. FISHY FISHY When the potato has 8-10 minutes remaining, add the crumbed fishcakes to the baking tray and bake in the hot oven for the remaining time. On completion, the fishcakes should be warmed through and crispy and the potato should be cooked through.

5. EAT ME Plate up the crispy fishcakes. Dollop over the dill-mayo and side with the hasselback potato and the sun-dried tomato & cucumber salad. Garnish with the spring onion greens and any remaining lemon wedges. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	537kJ
Energy	125kcal
Protein	5g
Carbs	16g
of which sugars	2g
Fibre	2.2g
Fat	4.6g
of which saturated	1.3g
Sodium	293mg

Allergens

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

Cook
within 2
Days