

U C O O K

— COOKING MADE EASY

Vietnamese Smoked Trout Fish Cakes

with vermicelli noodles, edamame beans & a spicy ginger dressing

Quick, easy, and sophisticated, with ready-made fish cakes filled with oak-smoked rainbow trout. Served atop a Vietnamese rice noodle and slaw salad, sprinkled with peanuts and charred spring onion. Less hand-on time, more feet-up time!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

60g	Peanuts
100ml	Sweet Sesame-Soy
60g	Fresh Ginger <i>peeled & grated</i>
40ml	Sambal Oelek
4 cakes	Vermicelli Rice Noodles
160g	Edamame Beans
4	Spring Onion <i>thinly sliced</i>
8	Smoked Rainbow Trout Fish Cakes
400g	Shredded Red Cabbage & Julienne Carrot

From Your Kitchen

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

1. TOAST THE PEANUTS Place the peanuts in a large pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. GINGER DRESSING & GLOSSY NOODLES Boil the kettle. Place the sesame-soy sauce and grated ginger in a bowl. Combine with the sambal oelek (to taste) and set aside for serving. Using a bowl, submerge the noodles and edamame beans in boiling water. Add a pinch of salt and give it a stir. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glossy. Taste to test and drain on completion. Toss through some oil to prevent sticking, replace the plate, and set aside to keep warm until serving.

3. SAUTÉ THE SPRING ONION Return the pan to a medium-high heat with a drizzle of oil. When hot, add in the sliced spring onion and a pinch of salt. Fry for 3-4 minutes until lightly charred but still al dente, shifting occasionally. Remove from the pan on completion and set aside for serving.

4. SULTRY FISH CAKES & VEG NOODLES Return the pan to a high heat with another drizzle of oil. When hot, fry the fish cakes for about 2 minutes per side until golden and heated through. (They're precooked, so only need to be heated up.) Remove from the pan on completion and set aside. Keeping the pan on the heat, sauté the cabbage and carrot for 4-5 minutes until slightly wilted but still crunchy. Remove the pan from the heat, add the cooked noodles and edamame beans, and toss together.

5. SIMPLE & DELICIOUS! Serve up a generous portion of colourful veggie noodles. Top with the golden fish cakes and drizzle over the spicy dressing. Garnish with the charred spring onion and the chopped, toasted peanuts. Would you look at that, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	1050kJ
Energy	251Kcal
Protein	6.9g
Carbs	30g
of which sugars	3.3g
Fibre	2.7g
Fat	11g
of which saturated	2.8g
Sodium	381mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Soy

Cook
within 2
Days