



# UCOOK

## Crispy Fishcakes & Creamy Pasta

with fresh parsley

Can't decide between a fishcake or pasta dish for dinner tonight, Chef? Then let's do both! Italian-style hard cheese-infused, garlic bechamel sauce covers al dente linguine pasta. This forms the base for the sensational snoek fishcake, garnished with chilli & fresh parsley.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People


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**Chef:** Suné van Zyl

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Quick & Easy

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 Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc 2022

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## Ingredients & Prep

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500g	Fresh Linguine Pasta
4 packs	Crumbed Snoek Fishcakes
20ml	Chicken Stock
40ml	Cake Flour
40ml	Garlic Powder
200ml	Fresh Cream
100ml	Grated Italian-style Hard Cheese
10ml	Dried Chilli Flakes
10g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>

## From Your Kitchen

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

**1. LEKKER LINGUINE** Boil the kettle. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**2. FRY THE FISHCAKE** Air fry the fishcakes at 200°C until crispy, 10-15 minutes (shifting halfway). Alternatively, place a pan over 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.

**3. GARLIC BECHAMEL** While the pasta and fishcakes are cooking, dilute the stock with 400ml of water. Place a pot over medium heat with 80g of butter. When melted, add the flour and cook out, 1-2 minutes. Stir in the garlic powder and the diluted stock, 1 minute. Add the cream and simmer until slightly thickened, 4-5 minutes (stirring occasionally). Remove from the heat and toss through the drained pasta, the cheese, and seasoning. Add a splash of water if it's too thick for your liking.

**4. TASTY & TRENDY** Bowl up the creamy garlic pasta. Top with the fishcakes. Scatter over the chilli flakes (to taste) and garnish with the chopped parsley.

## Nutritional Information

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Per 100g

Energy	1192kj
Energy	281kcal
Protein	9.9g
Carbs	31g
of which sugars	2.5g
Fibre	2.1g
Fat	10.1g
of which saturated	4.5g
Sodium	532mg

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## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Fish, Cow's Milk, Shellfish

Eat  
Within  
2 Days