



UCOOK

Snoek Fishcakes & Minty Pea Salad

with buttery baby potatoes & Danish-style feta

In this delish dish, golden snoek fishcakes are sided with buttery baby potatoes & a dill-mint pea salad that features rounds of radish, ribbons of refreshing cucumber, and creamy feta. It's a classic weeknight dinner the entire fam will love.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

800g	Baby Potato <i>rinse & halve</i>
200g	Peas
20g	Mixed Herbs <i>(10g Fresh Mint & 10g Fresh Dill)</i>
4 packs	Crumbed Snoek Fishcakes
60ml	Red Wine Vinegar
80g	Salad Leaves <i>rinse & roughly shred</i>
400g	Cucumber <i>rinse & peel into ribbons</i>
80g	Radish <i>rinse & slice into thin rounds</i>
80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter
Paper Towel

1. BUTTERY POTATOES Place the halved baby potatoes in a pot (with a lid) of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot with a knob of butter and seasoning. Cover and shake until the butter is melted and the potatoes are coated.

2. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. PREP STEP Rinse, pick, and roughly chop the mixed herbs.

4. FRY THE FISHCAKES 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. You may need to do this in batches. Remove from the pan and drain on paper towel. Season.

5. FRESH SALAD In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, seasoning, the shredded salad leaves, the plumped peas, the cucumber ribbons, the radish rounds, and ½ the chopped herbs.

6. WHAT A PLATE! Plate up the fishcakes. Side with the buttery baby potatoes and the herby pea salad. Crumble the feta over the salad and garnish the potatoes with the remaining herbs. Cheers!



Chef's Tip

Air fryer method: Air fry the fishcakes at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	437kJ
Energy	110kcal
Protein	5g
Carbs	13g
of which sugars	2g
Fibre	1.8g
Fat	3.5g
of which saturated	1.2g
Sodium	297mg

Allergens

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

Cook
within 2
Days