



UCOOK

Crumbed Fishcakes & Cucumber Salad

with sweet potato & fresh dill

Crumbed salmon fishcakes are served with a pickled onion & sweet chilli cucumber salad, and mayo-coated sweet potato on the side. Sprinkled with fragrant dill and mint, this dish is crunchy, creamy and fresh!

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Boschendal | Grande Cuvée Vintage Brut

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
10ml	White Wine Vinegar
1	Red Onion <i>¼ peeled & finely sliced</i>
2	Salmon Crumbed Fishcakes
50ml	Creamy Mayo <i>(25ml That Mayo (Original) & 25ml Low Fat Plain Yoghurt)</i>
3g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
15ml	Sweet Chilli Sauce
100g	Cucumber <i>cut into bite-sized chunks</i>
4g	Fresh Mint <i>rinsed & picked</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. SWEET SENSATION Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the sweet potato pieces in a colander over the pot. Cover and allow to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

2. PICKLE MOMENT In a bowl, add the vinegar, 5ml of a sweetener of choice, and 10ml of water. Mix until the sweetener is fully dissolved. Add the sliced onion, toss until fully coated, and set aside to pickle.

3. FISHCAKE FRENZY When the sweet potato has 5-7 minutes remaining, place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the crumbed fishcakes for 2-3 minutes per side until golden and crisp (don't worry, they are precooked). Remove from the pan on completion, season, and drain on paper towel.

4. SALAD STEP When the sweet potato is done, place in a bowl. Add the creamy mayo, ½ the chopped dill, and seasoning. Mix until fully combined and set aside. Drain and discard the pickling liquid from the onions. Place the sweet chilli in a bowl and loosen with a splash of water or oil. Add the drained pickled onions, the cucumber chunks, ½ the picked mint, and seasoning. Mix until fully combined.

5. WOWZERS! Make a bed of the rinsed green leaves and top with the sweet chilli cucumber salad. Side with the creamy sweet potato and the fishcakes. Sprinkle over the remaining dill and mint. Yum, Chef!

Nutritional Information

Per 100g

Energy	596kJ
Energy	142Kcal
Protein	3.8g
Carbs	17g
of which sugars	3.4g
Fibre	2g
Fat	5.8g
of which saturated	1.8g
Sodium	147mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Fish,
Shellfish/Seafood

Cook
within 2
Days