

UCOOK

Crumbed Fishcakes & Nutty Pear Salad

with cucumber & Danish-style feta

An unexpected food pairing is a sure-fire way to impress any dinner guests, Chef! Watch your friends' faces go from hesitant to blown away when they taste the combination of crispy snoek fishcakes paired with a pear, pea, greens & feta salad, drizzled with a honey, lemon & mustard dressing. Sided with mayo for dunking.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

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Ingredients & Prep

3 packs	Crumbed Snoek Fishcakes
150g	Peas
120ml	Salad Dressing <i>(30ml Apple Cider Vinegar, 15ml Honey, 30ml Lemon Juice & 45ml Wholegrain Mustard)</i>
60g	Green Leaves <i>rinse & roughly shred</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
2	Pears <i>rinse, peel, core & thinly slice 1½</i>
30g	Almonds
90g	Danish-style Feta <i>drain</i>
120ml	Mayo

From Your Kitchen

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

1. FAB FISHCAKES 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.

2. PEA & PEAR SALAD While the fishcakes are in the air fryer, boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain before serving. In a bowl, combine the salad dressing with 60ml of olive oil and seasoning. In a salad bowl, toss together the shredded green leaves, the cucumber half-moons, the sliced pear, the plump peas, and the almonds. Crumble over the drained feta and drizzle over the dressing (to taste).

3. DIVE INTO DINNER Plate up the crispy fishcakes and the nutty pear salad. Side with the mayo for dipping. Simple as that, Chef!



Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	665kj
Energy	156kcal
Protein	5.1g
Carbs	15g
of which sugars	5.8g
Fibre	2.8g
Fat	8.4g
of which saturated	1.8g
Sodium	340mg

Allergens

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

Eat
Within
2 Days