



UCOOK

Fishcakes & Katsu Curry Sauce

**with basmati rice, coconut flakes &
cashew nuts**


Tantalise all of your tongue's taste receptors with this intricate curry dish. On a bed of coriander rice comes golden pan-fried fishcakes. An addictively delicious Katsu curry sauce is poured over, with notes of ginger, soy & tangy tomato. Charred pineapple rings, heated until smoky & extra sweet, and a delicious coconut & cashew nut duo make this a savour-every-drop curry.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Suné van Zyl

 Adventurous Foodie

 Bertha Wines | Bertha Rosé 2023

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	Onion <i>peel & finely dice ½</i>
1	Apple <i>rinse, peel, core & finely dice ½</i>
1 unit	Crumbed Snoek Fishcakes
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
5ml	Katsu Spice Blend <i>(1,25ml Ground Ginger & 3,75ml Medium Curry Powder)</i>
10ml	Katsu Sauce Base <i>(5ml Tomato Paste & 5ml Low Sodium Soy Sauce)</i>
3	Tinned Pineapple Rings <i>drain</i>
20g	Coconut Flakes & Cashews

From Your Kitchen

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

1. CORIANDER RICE Boil the kettle. Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add ½ the chopped coriander, fluff with a fork, and cover.

2. ONION & APPLE Place a pot over medium-low heat with a drizzle of oil. When hot, fry the diced onion and the diced apple, covered, until slightly softened, 8-10 minutes (shifting occasionally).

3. GOLDEN 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. Remove from the pan and drain on paper towel. Season.

4. KEEP CALM AND KATSU Once the onion & apple have softened slightly, stir in ½ the sliced chilli (to taste), 160ml of boiling water, and the Katsu spice blend. Cook until fragrant, 1-2 minutes (shifting occasionally). Stir through the Katsu sauce base. Increase the heat to medium-high and simmer until thickened, 3-4 minutes. Pour into a blender and pulse until smooth. If the mixture is too thick, add warm water in 10ml increments until drizzling consistency. Season, cover, and set aside.

5. PINING FOR PINEAPPLE Return the pan to medium heat with a drizzle of oil. When hot, fry the drained pineapple rings until charred, 1-2 minutes per side. Remove and set aside.

6. NO ORDINARY DINNER TONIGHT! Plate up the coriander rice. Top with the crispy fishcakes and cover in the curry sauce. Side with the charred pineapple rings. Garnish with the toasted coconut & cashews and the remaining coriander and chilli (to taste).



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	642kj
Energy	151kcal
Protein	4.6g
Carbs	24g
of which sugars	6.1g
Fibre	2.3g
Fat	3.9g
of which saturated	1.5g
Sodium	245mg

Allergens

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

Eat
within 2
Days