



UCOOK

Sesame & Soy Trout Fish Cakes

with vermicelli noodles, edamame beans & a spicy ginger dressing

Quick and easy ready-made smoked trout fish cakes, just as tasty as they are fuss-free! They sit atop a bed of Vietnamese-inspired rice noodles and a crunchy slaw salad, sprinkled with toasted peanuts and charred spring onion.


Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Tess Witney

 Easy Peasy

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

40g	Peanuts
100ml	Sweet Sesame-Soy (60ml Low Sodium Soy Sauce, 20ml Sesame Oil & 20ml Honey)
40g	Fresh Ginger <i>peeled & grated</i>
30ml	Sambal Oelek
200g	Vermicelli Noodles
400g	Edamame Beans <i>shells removed</i>
8	Smoked Trout Fish Cakes
400g	Cabbage <i>thinly sliced</i>
240g	Carrot <i>½ grated</i>
4	Spring Onions <i>thinly sliced</i>
15g	Fresh Coriander <i>rinsed</i>

From Your Kitchen

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

1. TOAST THE PEANUTS Place the peanuts in a large pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. GINGER DRESSING & GLOSSY NOODLES Boil the kettle. Place the sesame-soy sauce and grated ginger in a bowl. Combine with the sambal oelek (to taste) and set aside for serving. Place the noodles and shelled edamame beans in a bowl. Submerge with boiling water, add a pinch of salt and give it a stir. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glossy. Taste to test and drain on completion. Toss through some oil to prevent sticking, replace the plate, and set aside to keep warm until serving.

3. SULTRY FISH CAKES & VEG NOODLES Return the pan to a high heat with another drizzle of oil. When hot, fry the fish cakes for about 2 minutes per side until golden and heated through (they're precooked, so only need to be heated up). Remove from the pan on completion and set aside. Keeping the pan on the heat, sauté the cabbage and carrot for 4-5 minutes until slightly wilted but still crunchy. Remove the pan from the heat, add the cooked noodles, edamame beans and ½ of the spicy sauce and toss to combine.

4. SIMPLE & DELICIOUS! Serve up a generous portion of colourful veggie noodles. Top with the golden fish cakes and drizzle over the remaining spicy sauce. Garnish with the sliced spring onion, chopped toasted peanuts and fresh coriander. Would you look at that, Chef!

Nutritional Information

Per 100g

Energy	779kJ
Energy	186Kcal
Protein	5.6g
Carbs	24g
of which sugars	3.6g
Fibre	2.7g
Fat	7.2g
of which saturated	1.8g
Sodium	231mg

Allergens

Gluten, Allium, Sesame, Peanuts,
Wheat, Sulphites, Fish, Soy

Cook
within 2
Days