



UCOOK

Asian-Fusion Fritters

with a smashed cucumber salad & pak choi

Crispy homemade cabbage, spring onion and carrot fritters, dunked in a That Mayo + gochujang sauce, and served with a tangy smashed cucumber salad, fried pak choi and crunchy sesame seeds. Need we say more?

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Creation Wines | Creation Viognier Roussanne 2020

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Ingredients & Prep

100g	Cucumber
50ml	Dressing <i>(20ml Rice Wine Vinegar, 10ml Sesame Oil & 20ml Low Sodium Soy Sauce)</i>
200g	Pak Choi <i>trimmed at the base & rinsed</i>
5ml	White Sesame Seeds
100g	Cabbage <i>thinly sliced</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
120g	Carrot <i>peeled (optional) & grated</i>
100ml	Self-raising Flour
10ml	NOMU Oriental Rub
50g	Edamame Beans
50ml	That Mayo (Vegan)
15ml	Gochujang

From Your Kitchen

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

1. SMASHING... Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and salt lightly. In a bowl, combine the dressing with 1 tbsp of a sweetener of choice. Mix until fully combined. Add the cucumber pieces and toss until fully coated. Set aside to marinate until serving. Slice the pak choi in half lengthways and set aside.

2. TOASTY SESAME Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

3. PREP STEP In a bowl, add the sliced cabbage, the spring onion whites, the grated carrot, the flour, the rub, 1 egg, 80ml of water and seasoning. Mix until fully combined and the flour has been fully absorbed. Add a splash of water if it's too thick.

4. GET FRYING! Return the pan to a medium-high heat with enough oil to cover the base. Once hot, scoop 2 tbsp of the fritter mixture into the hot oil. Flatten slightly and repeat with the remaining mixture, leaving a 1cm gap between each fritter. You may need to do this step in batches. Fry for 2-3 minutes per side until crispy and cooked through. Remove from the pan and drain on some paper towel.

5. FINAL TOUCHES Wipe down the pan if necessary and return it to a medium-high heat with a drizzle of oil. When hot, fry the pak choi halves for 2-3 minutes until slightly wilted. In the final minute, add the edamame. Remove from the heat and season. In a small bowl, mix the mayo, the gochujang (to taste), and some seasoning.

6. PLATE IT UP! Plate up a mound of the smashed cucumber salad. Side with the crispy fritters and the sautéed pak choi & edamame. Sprinkle over the sesame seeds and the spring onion greens and serve with the spicy mayo for dunking. A feast!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	3.2g
Carbs	14g
of which sugars	2.8g
Fibre	2.1g
Fat	4.2g
of which saturated	0.9g
Sodium	231mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within
4 Days