



# UCOOK

## Crispy Fishcakes & Spicy Dipping Sauce

with cajun potato chunks

Golden-crumbed snoek fishcakes share a plate with NOMU Cajun rub-spiced potato pieces. For some freshness, a lemony pea, pickled peppers & greens salad share the plate. A special UCOOK sauce brings all the ingredients together with warming, sweet-layered spice.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Quick & Easy

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Muratie Wine Estate | Muratie Isabella  
Chardonnay 2023

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## Ingredients & Prep

800g	Potato Chunks
20ml	NOMU Cajun Rub
4 packs	Crumbed Snoek Fishcakes
40ml	Lemon Juice
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
80g	Peas
40g	Pickled Bell Peppers <i>drain &amp; roughly chop</i>
240ml	Spicy Sauce <i>(40ml Sriracha Sauce, 160ml Mayo, 20ml Worcestershire Sauce &amp; 20ml Maple-flavoured Syrup)</i>

## From Your Kitchen

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

**1. CAJUN POTATOES** Coat the potato pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. GOLDEN 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.

**3. ZESTY PEA SALAD** In a bowl, combine the lemon juice and a drizzle of olive oil. Toss through the shredded salad leaves, the peas, the drained peppers, and seasoning.

**4. NICELY SPICED SEAFOOD** Plate up the crispy fishcakes alongside the cajun potatoes and the salad. Serve the spicy sauce on the side for dipping!



## Chef's Tip

Oven method: Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-35 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	686kJ
Energy	161kcal
Protein	5g
Carbs	18g
of which sugars	4g
Fibre	1.8g
Fat	7.2g
of which saturated	1.1g
Sodium	447mg

## Allergens

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

Eat  
Within  
2 Days