



UCOOK

Classic Smoked Trout Fish Cakes

with sweet potato mash, zesty green beans & sweet chilli sauce

A restaurant classic to delight your dinner table! Oak-smoked trout fish cakes are basted in low-carb sweet chilli sauce and laid over crunchy, lemony green beans and a mound of silky mash swirled with NOMU rub.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Tess Witney

 Easy Peasy

 No paired wines

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Ingredients & Prep

1kg	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
400g	Green Beans <i>rinsed, trimmed & halved</i>
8	Smoked Trout Fish Cakes
100ml	CarbSmart Sweet Chilli Sauce
20ml	NOMU Roast Rub
2	Lemons <i>zested & cut into wedges</i>
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. STEAMY SWEET POTATO Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Cover and allow to steam for 20-25 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

2. GET MASHING When the sweet potato is cooked, transfer to a bowl, setting the pot of water aside for step 3. Pop a knob of butter or coconut oil (optional) into the potato and add a splash of milk or water. Mash with a fork or potato masher until smooth. Mix in the Roast Rub to taste, cover to keep warm, and set aside for serving.

3. STEAMY GREEN BEANS Return the pot of water and colander to a medium-high heat and pop in the halved green beans. Cover and allow steam for 4-5 minutes until cooked al dente. On completion, run under cold water to stop the cooking process. Place in a bowl and set aside.

4. WHILE THE BEANS ARE COOKING... Place a large, nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the fish cakes on one side for 2 minutes until heated through and golden. Flip, baste the top with the sweet chilli sauce, and cook for a further 2 minutes until sticky. (They're precooked, so only need to be heated up!) Remove from the pan on completion and set aside to rest until serving.

5. ZEST IT UP Keeping any remaining sweet chilli juices in the pan, return it to the heat and add another drizzle of oil if necessary. Add in the green beans, some seasoning, and the lemon juice and zest to taste. Toss together for about a minute until the beans are coated and fragrant.

6. SERVE IT UP Make a bed of silky mash, side with the zesty green beans, and top with the saucy sweet chilli fish cakes. Sprinkle with the chopped parsley and garnish with a lemon wedge. What a delish fish dish!



Chef's Tip

Fish cake ingredients: trout, oak smoke, herbs, breadcrumbs, onion, lemon, garlic, Dijon mustard, salt, pepper.

Nutritional Information

Per 100g

Energy	620kJ
Energy	148Kcal
Protein	4.4g
Carbs	19g
of which sugars	3.8g
Fibre	2.8g
Fat	5.6g
of which saturated	1.7g
Sodium	241mg

Allergens

Allium, Sulphites, Wheat, Gluten, Fish, Sugar Alcohol (Xylitol)

Cook
within 2
Days