



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.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Muratie Wine Estate | Muratie Isabella
Chardonnay 2023

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Ingredients & Prep

200g	Potato Chunks
5ml	NOMU Cajun Rub
1 pack	Crumbed Snoek Fishcakes
10ml	Lemon Juice
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Peas
10g	Pickled Bell Peppers <i>drain & roughly chop</i>
60ml	Spicy Sauce <i>(10ml Sriracha Sauce, 40ml Mayo, 5ml Worcestershire Sauce & 5ml 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