



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: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Tess Witney

 Easy Peasy

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

20g	Peanuts
50ml	Sweet Sesame-Soy (30ml Low Sodium Soy Sauce, 10ml Sesame Oil & 10ml Honey)
20g	Fresh Ginger <i>peeled & grated</i>
15ml	Sambal Oelek
100g	Vermicelli Noodles
200g	Edamame Beans <i>shells removed</i>
4	Smoked Trout Fish Cakes
200g	Cabbage <i>thinly sliced</i>
120g	Carrot <i>grated</i>
2	Spring Onions <i>thinly sliced</i>
8g	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 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 3-4 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