



UCCOOK

Crumbed Fishcakes & Pesto Mayo

with cheesy potatoes & a seed salad

Golden crisp fishcakes are dunked in a divine pesto mayo, and sided with cheesy roasted potato wedges and a toasted seed salad. Crispy, creamy, fragrant and fresh, what more could you want from dinner?

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

 Quick & Easy

 Boschendal | Le Bouquet

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Ingredients & Prep

800g	Potato <i>cut into thin wedges</i>
40ml	NOMU Italian Rub
60g	Grated Cheddar Cheese
100g	Gherkins
80g	Salad Leaves
120ml	Pesto Mayo <i>(80ml That Mayo (Original) & 40ml Hemp Seed & Rocket Pesto)</i>
20g	Pumpkin & Sunflower Seed Mix
40ml	Raspberry Vinegar
8	Crumbed Salmon Fishcakes

From Your Kitchen

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

1. POTATO WEDGES Preheat the oven to 220°C. Place the potato wedges on a roasting tray, coat in oil, the rub, and seasoning. To make sure they get crispy, don't overcrowd the tray — use two trays instead. Roast in the hot oven for 25-30 minutes, shifting halfway. In the final 5-8 minutes, sprinkle over the grated cheese. On completion, the cheese should be melted and the wedges should be cooked through.

2. PREP & PESTO Drain and roughly chop the gherkins. Rinse the salad leaves and set aside. In a small bowl, combine the pesto mayo, the chopped gherkins, and seasoning.

3. SIMPLE SEED SALAD Place the seed mix in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and place in a bowl. Add the rinsed salad leaves, the toasted seeds, the raspberry vinegar, a drizzle of oil, and seasoning. Toss until fully combined.

4. FISHCAKE FRY UP Return the pan, wiped down if necessary, to a medium heat with enough oil to cover the base. When hot, fry the crumbed fishcakes for 2-3 minutes per side until golden and crisp (don't worry, they are precooked!). Remove from the pan on completion, drain on paper towel, and season.

5. THE MAIN EVENT Plate up the golden fishcakes. Side with the cheesy potato wedges and the toasted seed salad. Serve the pesto mayo on the side for dipping. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	573kJ
Energy	137Kcal
Protein	4.3g
Carbs	18g
of which sugars	1.5g
Fibre	2.7g
Fat	5.9g
of which saturated	1.4g
Sodium	297mg

Allergens

Egg, Gluten, Dairy, Allium,
Wheat, Sulphites, Fish, Tree Nuts,
Shellfish/Seafood

Cook
within 2
Days