



# UCOOK

## Snoek Fishcakes & Lemon-caper Sauce

with butternut chips

Crispy snoek fishcakes swim in a delectable lemon-caper sauce. Sided with golden butternut chips, and a feta, sun-dried tomato & fresh greens salad. A classic with a tasty twist, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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Quick & Easy

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Deetlefs Wine Estate | Deetlefs Stonecross  
Chardonnay

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## Ingredients & Prep

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750g	Butternut Chips
3 packs	Crumbed Snoek Fishcakes
30g	Capers <i>drain &amp; roughly chop</i>
30ml	Lemon Juice
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	Danish-style Feta <i>drain</i>
60g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>

## From Your Kitchen

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

**1. FISH & CHIPS** Coat the butternut chips in oil and season. Air fry at 200°C until cooked through, 20-25 minutes. While the chips are on the go, 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.

**2. LEMON-CAPER SAUCE** Place a pan over medium high heat with a drizzle of olive oil, and 60g of butter. When hot, fry the diced capers, and the lemon juice until fragrant, 2-3 minutes. Remove from the heat and season.

**3. FETA SALAD** In a bowl, combine the shredded leaves, the drained feta, and the chopped sun-dried tomatoes, and seasoning.

**4. YUM!** Plate up the crispy fishcakes, and drizzle over the lemon-caper sauce. Side with the butternut chips, and the fresh salad.



## Chef's Tip

Preheat the oven to 200°C. Spread the butternut chips on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

## Nutritional Information

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Per 100g

Energy	534kJ
Energy	124kcal
Protein	5.5g
Carbs	14g
of which sugars	2.4g
Fibre	2g
Fat	4.7g
of which saturated	1.5g
Sodium	387mg

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## Allergens

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

Eat  
Within  
2 Days