

UCOOK

Crumbed Fishcakes & Nutty Pear Salad

with cucumber & Danish-style feta

An unexpected food pairing is a sure-fire way to impress any dinner guests, Chef! Watch your friends' faces go from hesitant to blown away when they taste the combination of crispy snoek fishcakes paired with a pear, pea, greens & feta salad, drizzled with a honey, lemon & mustard dressing. Sided with mayo for dunking.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

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Ingredients & Prep

1 pack	Crumbed Snoek Fishcakes
50g	Peas
40ml	Salad Dressing <i>(10ml Apple Cider Vinegar, 5ml Honey, 10ml Lemon Juice & 15ml Wholegrain Mustard)</i>
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
1	Pear <i>rinse, peel, core & thinly slice ½</i>
10g	Almonds
30g	Danish-style Feta <i>drain</i>
40ml	Mayo

From Your Kitchen

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

1. FAB 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.

2. PEA & PEAR SALAD While the fishcakes are in the air fryer, boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain before serving. In a bowl, combine the salad dressing with 20ml of olive oil and seasoning. In a salad bowl, toss together the shredded green leaves, the cucumber half-moons, the sliced pear, the plump peas, and the almonds. Crumble over the drained feta and drizzle over the dressing (to taste).

3. DIVE INTO DINNER Plate up the crispy fishcakes and the nutty pear salad. Side with the mayo for dipping. Simple as that, Chef!



Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	665kj
Energy	156kcal
Protein	5.1g
Carbs	15g
of which sugars	5.8g
Fibre	2.8g
Fat	8.4g
of which saturated	1.8g
Sodium	340mg

Allergens

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

Eat
Within
2 Days