$$f(x) = 5x^3 + 7$$

$$y = 5x^3 + 7$$

$$-7 \quad -7$$

$$y - 7 = 5x^3$$

$$\frac{y-7}{5} = \frac{5x^3}{5}$$

$$\sqrt[3]{\frac{y-7}{5}} = \sqrt[3]{x^3}$$

$$x = \sqrt[3]{\frac{y-7}{5}}$$

$$f^{-1}(x) = \sqrt[3]{\frac{x-7}{5}}$$