



# UCCOOK

## Ribboned Smoked Trout Pasta

with fresh dill & toasted walnuts

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	914kJ	4004kJ
Energy	219kcal	958kcal
Protein	7.4g	32.5g
Carbs	24g	104g
of which sugars	3.4g	14.8g
Fibre	2.6g	11.5g
Fat	10.2g	44.5g
of which saturated	5.1g	22.4g
Sodium	164mg	718mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Fish, Tree Nuts

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
300g	400g	Fusili Pasta
150g	150g	Diced Onion
2	2	Garlic Cloves <i>peel &amp; grate</i>
300g	400g	Peas
300ml	400ml	Fresh Cream
8g	10g	Fresh Dill <i>rinse &amp; pick</i>
30ml	40ml	Lemon Juice
3 packs	4 packs	Smoked Trout Ribbons <i>roughly chop</i>
30g	40g	Walnuts <i>roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Blender

**1. PASTA TIME** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain (reserving a cup of pasta water), return to the pot, and toss through a drizzle of olive oil.

**2. SAUCE BASE** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the garlic and fry until fragrant, about 1 minute (shifting constantly). Stir in  $\frac{3}{4}$  of the peas and all of the cream until heated through, 1-2 minutes.

**3. BLEND IT** To a blender, add the dill, the lemon juice (to taste), and the creamy pea and onion mixture. Blend until smooth. Add the reserved pasta water in 10ml increments until the desired consistency. Season and toss through the pasta. Return the pot of pea pasta to medium heat. Stir through the remaining peas and  $\frac{1}{2}$  the trout ribbons until heated through, 2-3 minutes.

**4. THE MOMENT HAS ARRIVED!** Plate up the creamy trout and pea pasta. Top with the remaining smoked trout, and scatter over the walnuts. Finish off with a crack of black pepper. Excellent, Chef!

**Chef's Tip** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.