



UCOOK

Cream Cheese & Smoked Trout Flatbread

with capers & green leaves

All you need is one pan and an appetite for this recipe, Chef! A toasted naan is covered in cream cheese, then layered with fresh greens, smoky trout ribbons, briny pops of capers, pickled peppers & pickled onions.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 2 People

Chef: Kate Gomba

Quick & Easy

Domaine Des Dieux | Petit Rosé 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Naan Breads
100ml	Cream Cheese
40g	Green Leaves <i>rinse</i>
2 units	Smoked Trout Ribbons <i>roughly slice</i>
30g	Capers <i>drain & roughly chop</i>
40g	Pickled Onions <i>drain & roughly slice</i>
40g	Pickled Bell Peppers <i>drain & roughly chop</i>

From Your Kitchen

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

1. NOW FOR THE NAAN Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbreads until golden, 1-2 minutes per side.

2. ADD ALL THE GOODIES Spread the toasted flatbreads with the cream cheese. Top with the rinsed green leaves and the smoked trout ribbons. Scatter over the chopped capers, the sliced pickled onions, and the chopped peppers.

Nutritional Information

Per 100g

Energy	810kJ
Energy	194kcal
Protein	8.6g
Carbs	22g
of which sugars	4.1g
Fibre	1.5g
Fat	8g
of which saturated	4.4g
Sodium	752.9mg

Allergens

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

Eat
Within
2 Days