



# UCCOOK

## Smoked Trout & Cream Cheese Focaccia

with capers, red onion & green leaves

Think trout and cream cheese bagel, but on a crispy focaccia base! Topped with capers, baby tomatoes, and thinly sliced red onion for zing, this is the perfect easy and delicious dish!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Hannah Duxbury

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 Fan Faves

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 Fat Bastard | Rosé

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## Ingredients & Prep

1	Lemon <i>zested &amp; cut into wedges</i>
65ml	Cream Cheese
1	Focaccia Base
40g	Smoked Trout Ribbons <i>roughly chopped</i>
10g	Capers <i>drained &amp; roughly chopped</i>
80g	Baby Tomatoes <i>cut into quarters</i>
1	Red Onion <i>¼ peeled &amp; thinly sliced</i>
20g	Green Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed &amp; finely chopped</i>

## From Your Kitchen

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

**1. LET'S GET PREPPY** Preheat the oven to the grill setting or the highest temperature. In a bowl, combine the lemon zest (to taste), the cream cheese, and some seasoning.

**2. FAB FOCACCIA** Slide the focaccia base onto a tray and par bake in the hot oven for 2-5 minutes until lightly golden. Carefully flip the base over, and cook for another 3-5 minutes until the base is crispy and golden on the other side.

**3. ASSEMBLE THE DELICIOUSNESS!** Carefully remove the base from the oven. Spread over a layer of the lemon zest cream cheese. Top with the chopped smoked trout, and finish off with the chopped capers, the quartered baby tomatoes, and the red onions slices.

**4. TIME TO DINE** Serve your smoked trout and cream cheese focaccia. Sprinkle over the fresh green leaves, squeeze over some lemon juice, and drizzle over some olive oil. Finish off with a crack of black pepper and a sprinkle of the chopped chives. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	589kJ
Energy	141Kcal
Protein	6.1g
Carbs	16g
of which sugars	2.6g
Fibre	2.5g
Fat	5.2g
of which saturated	3.2g
Sodium	348mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish

Cook  
within 1  
Day