



# UCOOK

## Creamy Trout Spaghetti

with leeks, Italian-style hard cheese & fresh dill

A no hassle dinner! Wonderfully creamy trout spaghetti tossed with spinach and leeks. Served with a sprinkling of flavorful dill & salty italian-style hard cheese.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Leopard's Leap | Culinaria Brut MCC

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## Ingredients & Prep

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150ml	Low Fat Fresh Milk
375g	Spaghetti
15ml	NOMU Italian Rub
300g	Leeks <i>trimmed at the base &amp; halved lengthways</i>
150g	Spinach <i>rinsed &amp; roughly shredded</i>
120g	Smoked Trout Ribbons
12g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
150ml	Fresh Cream
75ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. THINGS ARE GETTING CREAMY...** Place a pot over a medium heat. Add the milk, 450ml of water, the spaghetti, a pinch of salt, and the rub. Once simmering, cook for 10-15 minutes until the pasta is al dente, stirring occasionally.

**2. SOMETHING'S LEEKING** While the pasta is simmering, rinse the halved leeks thoroughly and roughly chop. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the chopped leeks and fry for 3-4 minutes until soft, shifting occasionally. Remove from the heat and add the rinsed spinach, the trout ribbons, and ½ the chopped dill. Set aside.

**3. FINISH IT UP** When the pasta is al dente, add the cream, a knob of butter (optional), ½ the Italian-style cheese, the fried leek and trout mixture, and seasoning. Mix until fully combined. Remove from the heat, cover to keep warm and set aside.

**4. FLAVOURFUL BOWL** Bowl up the creamy pasta and sprinkle over the remaining grated cheese and dill. Great work, Chef!

## Nutritional Information

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Per 100g

Energy	823kj
Energy	195kcal
Protein	9.2g
Carbs	24g
of which sugars	2.8g
Fibre	1.7g
Fat	7g
of which saturated	3.6g
Sodium	399mg

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## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook  
within 2  
Days