



UCCOOK

Trout & Creamy Horseradish

with soft baby potatoes & pickled onion

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	412kj	1889kj
Energy	98kcal	452kcal
Protein	6.9g	31.7g
Carbs	9g	40g
of which sugars	2g	8g
Fibre	1g	4g
Fat	3.5g	16.1g
of which saturated	1.4g	6.6g
Sodium	96.4mg	442.3mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potato <i>rinse</i>
30ml	60ml	Creamy Horseradish <i>(10ml [20ml] Horseradish Sauce & 20ml [40ml] Crème Fraîche)</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into rounds</i>
20g	40g	Pickled Onions <i>roughly slice</i>
10ml	20ml	Lemon Juice
1	2	Rainbow Trout Fillet/s
3g	5g	Fresh Dill <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. CRISS CROSS POTATOES Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato. Place the potatoes, cut side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 30-35 minutes. Alternatively, air fry the potatoes at 200°C for 20-25 minutes (shifting halfway).

2. SOME PREP Loosen the creamy horseradish with water in 5ml increments until drizzling consistency.

3. FRESH SALAD In a salad bowl, combine the salad leaves, the cucumber, the onions, the lemon juice (to taste), and season.

4. TROUT Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

5. TIME TO EAT Plate up the potatoes, side with the trout, and the lemony fresh salad, and drizzle the creamy horseradish over the potatoes and the trout. Sprinkle over the chopped dill. Easy, Chef!