



# UCOOK

## Baked Trout & Creamy Leeks

with green leaves & fresh parsley

Creamy leeks are sided with a beautiful baked trout fillet, perfectly roasted butternut half-moons, & fresh green leaves. Finished off with fresh parsley for a herby kick, and you have yourself an easy-peasy weeknight dinner. Let's dive in, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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Carb Conscious

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Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

750g	Butternut <i>deseed, peel (optional) &amp; cut into half-moons</i>
3	Rainbow Trout Fillets
15ml	NOMU Provençal Rub
300g	Leeks <i>trim at the base &amp; cut in half lengthways</i>
125ml	Fresh Cream
60g	Green Leaves <i>rinse &amp; gently shred</i>
8g	Fresh Parsley <i>rinse &amp; finely chop</i>

## From Your Kitchen

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

**1. THE ROAST WONDERFUL MOMENT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

**2. NO DOUBT IN THIS TROUT** When the butternut has 10-15 minutes remaining, pat the trout dry with paper towel. Coat in the NOMU rub, oil, and seasoning. Place it on the tray with the butternut (or on a separate baking tray), skin-side down. Bake for the remaining time, until cooked through and tender.

**3. SEEK OUT THE LEEK** Rinse the halved leeks thoroughly and thickly slice. Place a pan over medium-high heat with a drizzle of oil. When hot, sauté the sliced leeks until soft, 3-4 minutes (shifting occasionally). Remove from the heat and stir in the cream and a knob of butter. Season to taste. Dress the rinsed green leaves with a drizzle of olive oil and seasoning.

**4. TROUT TIME!** Plate up the roasted butternut half-moons and side with the baked trout, the dressed green leaves, and the creamy leeks. Sprinkle over the chopped parsley. Simply stunning, Chef!

## Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	6.1g
Carbs	9g
of which sugars	2.3g
Fibre	1.4g
Fat	4.1g
of which saturated	1.9g
Sodium	31mg

## Allergens

Cow's Milk, Allium, Fish

Eat  
Within  
2 Days