

# UCOOK

## Brown Butter Trout & Fondant Potatoes

with mixed nuts & a sun-dried tomato salad

It's guaranteed! After tasting these fondant potatoes, you will be the dish's no.1 fan, Chef. Oven-baked potatoes soaked in beef stock are doused in an almond & cashew nut brown butter sauce, dotted with fresh parsley. This perfectly complements the crispy-skin rainbow trout fillet and sun-dried tomato & greens salad.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Adventurous Foodie

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Muratie Wine Estate | Muratie Isabella  
Chardonnay

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### Ingredients & Prep

10ml	Beef Stock
800g	Baby Potatoes <i>rinse &amp; cut in half</i>
80g	Mixed Nuts <i>(30g [40g] Almonds &amp; 30g [40g] Cashew Nuts)</i>
2	Lemons <i>rinse, zest &amp; cut 1½ [2] into wedges</i>
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
80g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
200g	Cucumber <i>rinse &amp; cut into half-moons</i>
4	Rainbow Trout Fillets
80ml	Cake Flour

### From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

- 1. FONDANT POTATOES** Preheat the oven to 220°C. Boil the kettle. Dilute the stock with 300ml [400ml] of boiling water. Place an ovenproof pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the potato pieces, cut side down, until the base is golden, 5 minutes. Flip and pour in the diluted stock. Pop in the hot oven and bake until the potatoes are tender, 25-30 minutes (adding more water if necessary).
- 2. BROWN BUTTER SAUCE** Roughly chop the mixed nuts. Place the pan over medium heat with 60g [80g] of butter. Once melted, fry until brown, 30-60 seconds (shifting constantly). Add the nuts and toast until golden brown, 2-4 minutes (shifting occasionally). Remove the pan from the heat and quickly mix in the juice from 6 [8] lemon wedges (to taste), the lemon zest (to taste), ½ the parsley, and seasoning. Cover and set aside.
- 3. SUN-DRIED TOMATO SALAD** In a salad bowl, toss together the salad leaves, the sun-dried tomatoes, the cucumber, a squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside.
- 4. CRISPY FRIED FISH** Place a clean pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. Coat the trout in the flour, gently pressing to ensure it sticks. 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. SEAFOOD SENSATION** Plate up the delicious fondant potatoes and pour over the mixed nut sauce. Side with the crispy trout and the sun-dried tomato salad. Garnish it all with the remaining parsley.

### Nutritional Information

Per 100g	
Energy	386kJ
Energy	92kcal
Protein	5.7g
Carbs	11g
of which sugars	2.4g
Fibre	1.9g
Fat	3.1g
of which saturated	0.5g
Sodium	33mg

### Allergens

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

Eat  
Within  
2 Days