



# QCOOK

## Smoked Trout & Cream Cheese Flatbread

with capers & salad leaves

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Koelenhof | Koelenbosch MCC

Nutritional Info	Per 100g	Per Portion
Energy	815kJ	2200kJ
Energy	195kcal	526kcal
Protein	10.3g	27.8g
Carbs	20g	54g
of which sugars	2.1g	5.8g
Fibre	1.4g	3.8g
Fat	8g	21.7g
of which saturated	4.3g	11.5g
Sodium	806mg	2177mg

**Allergens:** Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1 [Serves 2]

1	2	Pita Flatbread/s
50ml	100ml	Cream Cheese
20g	40g	Salad Leaves <i>rinse</i>
1 unit	2 units	Smoked Trout Ribbons <i>roughly slice</i>
15g	30g	Capers <i>drain &amp; roughly chop</i>
20g	40g	Pickled Onions <i>drain &amp; roughly slice</i>

## From Your Kitchen

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

**1. FINISH THE FLATBREAD** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbread/s until golden, 1-2 minutes per side.

**2. ADD ALL THE GOODIES** Spread the cream cheese over the flat bread/s. Top with the salad leaves and the smoked trout ribbons. Scatter over the capers and the pickled onions. Simple as that, Chef!