UCOOK

Rainbow Trout & Potato Salad

with gherkins & almonds

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Caitlin Swanepoel

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	581kJ	2371kJ
Energy	139kcal	567kcal
Protein	8g	32.5g
Carbs	10g	40g
of which sugars	2.1g	8.6g
Fibre	1.2g	4.8g
Fat	7.1g	28.9g
of which saturated	0.8g	3.3g
Sodium	74mg	303mg

Allergens: Cow's Milk, Sulphites, Fish, Tree Nuts

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes *rinse*
3g	5g	Fresh Parsley *rinse & roughly chop*
30ml	60ml	Mayo
20g	40g	Salad Leaves *rinse*
20g	40g	Gherkins *drain & roughly chop*
10g	20g	Almonds *roughly chop*
1	2	Rainbow Trout Fillet/s

From Your Kitchen

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

1. PARSLEY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain the potatoes and return to the pot. Toss with a knob of butter, the parsley, the mayo and seasoning.

2. SOME PREP In a salad bowl, toss the leaves with the gherkins, the almonds, a drizzle of olive oil and season. Set aside.

3. 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. Gently flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan.

4. DINNER IS READY Dish up the creamy potato salad, side with the trout and fresh dressed salad. Dig in, Chef!