

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.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jemimah Smith

Adventurous Foodie

Muratie Wine Estate | Muratie Isabella
Chardonnay

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Ingredients & Prep

5ml	Beef Stock
400g	Baby Potatoes <i>rinse & cut in half</i>
40g	Mixed Nuts <i>(10g [20g])#7DA0D7 Almonds & 10g [20g])#7DA0D7 Cashew Nuts)</i>
1	Lemon <i>rinse, zest & cut ½ [1])#7DA0D7 into wedges</i>
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
2	Rainbow Trout Fillets
40ml	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 100ml [200ml])#7DA0D7 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 20g [40g])#7DA0D7 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 2 [4])#7DA0D7 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