

UCCOOK

Smoked Trout Open Sandwich

with cream cheese & capers

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	853kJ	2021kJ
Energy	204kcal	483kcal
Protein	10g	23.7g
Carbs	28g	67g
of which sugars	2g	4.8g
Fibre	1.3g	3.1g
Fat	6.1g	14.5g
of which saturated	3.6g	8.6g
Sodium	823mg	1950mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Sourdough Bread
125ml	160ml	Cream Cheese
30g	40g	Green Leaves <i>rinse & roughly shred</i>
3 packs	4 packs	Smoked Trout Ribbons
60g	80g	Pickled Onions <i>drain & roughly slice</i>
30g	40g	Capers <i>drain & roughly chop</i>
8g	10g	Fresh Dill <i>rinse & finely chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. START WITH SOURDOUGH Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. YUM X YUM Smear the bread slices with the cream cheese. Top with the green leaves and the trout ribbons. Scatter over the pickled onions and the capers. Garnish with the dill. Great work, Chef!