

UCCOOK

Trout & Creamy Horseradish

with soft baby potatoes & pickled onion

Hands-on Time: 40 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	412kJ	1889kJ
Energy	98kcal	452kcal
Protein	6.9g	31.7g
Carbs	9g	40g
of which sugars	2g	8g
Fibre	1g	4g
Fat	3.5g	16.1g
of which saturated	1.4g	6.6g
Sodium	96.4mg	442.3mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potato <i>rinse</i>
90ml	120ml	Creamy Horseradish <i>(30ml [40ml] Horseradish Sauce & 60ml [80ml] Crème Fraîche)</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into rounds</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
30ml	40ml	Lemon Juice
3	4	Rainbow Trout Fillets
8g	10g	Fresh Dill <i>rinse & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. CRISS CROSS POTATOES Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato. Place the potatoes, cut-side up, on a roasting tray. Lightly coat in cooking spray and season. Roast until cooked through and crisping up, 35-40 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SOME PREP Loosen the creamy horseradish with water in 5ml increments until drizzling consistency.

3. FRESH SALAD In a salad bowl, combine the leaves, the cucumber, the onions, the lemon juice (to taste), and season.

4. TROUT Place a pan over medium-high heat and lightly add cooking spray. Pat the trout dry with paper towel. 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. TIME TO EAT Plate up the potatoes, side with the trout, the lemony fresh salad, and drizzle the creamy horseradish over the potatoes and the trout. Sprinkle over the dill. Easy, Chef!