



UCOOK

Baked Trout & Creamy Leeks

with green leaves & fresh parsley

Creamy leeks are sided with a beautiful baked trout fillet, perfectly roasted butternut half-moons, & fresh green leaves. Finished off with fresh parsley for a herby kick, and you have yourself an easy-peasy weeknight dinner. Let's dive in, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

Carb Conscious

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

250g	Butternut <i>deseed, peel (optional) & cut into half-moons</i>
1	Rainbow Trout Fillet
5ml	NOMU Provençal Rub
100g	Leeks <i>trim at the base & cut in half lengthways</i>
40ml	Fresh Cream
20g	Green Leaves <i>rinse & gently shred</i>
3g	Fresh Parsley <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. THE ROAST WONDERFUL MOMENT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. NO DOUBT IN THIS TROUT When the butternut has 10-15 minutes remaining, pat the trout dry with paper towel. Coat in the NOMU rub, oil, and seasoning. Place it on the tray with the butternut (or on a separate baking tray), skin-side down. Bake for the remaining time, until cooked through and tender.

3. SEEK OUT THE LEEK Rinse the halved leeks thoroughly and thickly slice. Place a pan over medium-high heat with a drizzle of oil. When hot, sauté the sliced leeks until soft, 2-3 minutes (shifting occasionally). Remove from the heat and stir in the cream and a knob of butter. Season to taste. Dress the rinsed green leaves with a drizzle of olive oil and seasoning.

4. TROUT TIME! Plate up the roasted butternut half-moons and side with the baked trout, the dressed green leaves, and the creamy leeks. Sprinkle over the chopped parsley. Simply stunning, Chef!

Nutritional Information

Per 100g

Energy	413kj
Energy	99kcal
Protein	6.1g
Carbs	9g
of which sugars	2.3g
Fibre	1.4g
Fat	4.1g
of which saturated	1.9g
Sodium	31mg

Allergens

Cow's Milk, Allium, Fish

Eat
Within
2 Days