



UCCOOK

Smoked Trout & Cream Cheese Flatbread

with capers & salad leaves

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Koelenhof | Koelenbosch MCC

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 815kj | 2200kj |
| Energy | 195kcal | 526kcal |
| Protein | 10.3g | 27.8g |
| Carbs | 20g | 54g |
| of which sugars | 2.1g | 5.8g |
| Fibre | 1.4g | 3.8g |
| Fat | 8g | 21.7g |
| of which saturated | 4.3g | 11.5g |
| Sodium | 806mg | 2177mg |

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

| | | |
|--------|---------|--|
| 1 | 2 | Pita Flatbread/s |
| 50ml | 100ml | Cream Cheese |
| 20g | 40g | Salad Leaves <i>rinse</i> |
| 1 unit | 2 units | Smoked Trout Ribbons <i>roughly slice</i> |
| 15g | 30g | Capers <i>drain & roughly chop</i> |
| 20g | 40g | Pickled Onions <i>drain & roughly slice</i> |

From Your Kitchen

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

1. FINISH THE FLATBREAD Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbread/s until golden, 1-2 minutes per side.

2. ADD ALL THE GOODIES Spread the cream cheese over the flat bread/s. Top with the salad leaves and the smoked trout ribbons. Scatter over the capers and the pickled onions. Simple as that, Chef!