



# UCOOK

## Trout & Cheats Hollandaise Sauce

with avocado & sesame seeds

A beautiful fillet of trout smothered in a creamy cheat's Hollandaise sauce made from Dijon mustard and crème fraîche with a sneaky surprise umami kick - miso paste! Served with an avocado & corn salad, and roasted sesame butternut. All the skill with none of the fuss!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Ella Nasser

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 Adventurous Foodie

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
20ml	Black Sesame Seeds
2	Avocados
40ml	Lime Juice
200g	Corn
100ml	Crème Fraîche
20ml	Dijon Mustard
40ml	Miso Paste
4	Rainbow Trout Fillets
80g	Radish <i>rinsed &amp; cut into thin matchsticks</i>
80g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. THIS** Preheat the oven to 200°C. Spread the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. DINNER** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Halve the avocados and remove the pips. Peel off the avocado skin. Roughly dice and place in a salad bowl. Toss with the lime juice.

**3. IS GOING** Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and add to the bowl with the avo.

**4. TO BE** When the butternut has 10-15 minutes remaining, return the pan to medium-low heat. Add the crème fraîche, the mustard, the miso paste (to taste), and 100ml of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 60g of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season, cover, and set aside.

**5. ONE** Pat the trout dry with paper towel. Place a large pan over medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down until crispy, 2-3 minutes. Flip and fry for a further 30-60 seconds or until cooked through to your preference.

**6. TO REMEMBER** In a bowl, combine the roasted butternut and ½ the toasted sesame seeds. Set aside. In the bowl with the diced avo and corn, add the radish matchsticks, the rinsed salad leaves, seasoning, and a drizzle of olive oil. Toss until combined.

**7. CHEF!** Dish up the trout and pour over the miso Hollandaise. Serve alongside the sesame butternut and the avo salad. Garnish with the remaining sesame seeds.



## Chef's Tip

Air fryer method: Coat the butternut in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	481kJ
Energy	115kcal
Protein	5.7g
Carbs	9g
of which sugars	1.6g
Fibre	2.7g
Fat	6.5g
of which saturated	1.8g
Sodium	87mg

## Allergens

Gluten, Dairy, Sesame, Wheat,  
Sulphites, Fish, Soy

Cook  
within 2  
Days