



UCOOK

Rainbow Trout & Chivey Mash

with a side salad & crispy onion bits

Take the plunge with us and try this simple showstopper. Perfectly pan-seared trout is sided with a classic mash dotted with fresh chives, a radish & pecan side salad, and garnish of fresh chives & crunchy onion bits. After making this recipe, you won't have to fish for compliments, Chef!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Morgan Otten

 Quick & Easy

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

800g	Potato <i>rinsed, peeled & cut into small chunks</i>
15g	Fresh Chives <i>rinsed & finely chopped</i>
80g	Salad Leaves
80g	Radish
2	Lemons
40g	Pecan Nuts
4	Rainbow Trout Fillets
30ml	NOMU Seafood Rub
60ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Milk (optional)
Butter (optional)
Sugar/Sweetener/Honey

1. MAKE MASH MAGIC Place the potato chunks into a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add ½ the chopped chives, a knob of butter (optional), and a splash of water or milk. Mash with a fork, season, and cover.

2. CHOP-CHOP Rinse the salad leaves and roughly shred. Slice the radish into thin rounds. Cut the lemons into wedges. Roughly chop the pecans.

3. YES, PECAN! Place the chopped pecans in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. LETTUCE CELEBRATE In a salad bowl, combine the juice of 4 lemon wedges, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning. Just before serving, toss through the shredded leaves, the radish rounds, and the chopped pecans.

5. A SHOUT-OUT TO TROUT Pat the trout dry with paper towel. Coat the flesh with the NOMU rub and seasoning. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the trout, skin-side down, until crispy, 2-3 minutes. Flip and fry until cooked through, 30-60 seconds. In the final minute, baste with a knob of butter (optional) and a squeeze of lemon juice.

6. DINNER IS SERVED! Plate up the seared trout and drizzle over any pan juices. Side with the chivey mash and the dressed salad. Garnish with the remaining chives and the crispy onion bits. Serve with any remaining lemon wedges. Dive in!



Chef's Tip

If you're feeling fancy, why not char the lemon wedges for some extra pizzazz? Place them in a pan over high heat. Brown for 1-2 minutes per side until charred.

Nutritional Information

Per 100g

Energy	471kJ
Energy	113kcal
Protein	7.9g
Carbs	11g
of which sugars	1.1g
Fibre	2g
Fat	4.4g
of which saturated	0.8g
Sodium	121mg

Allergens

Gluten, Allium, Wheat, Fish, Tree Nuts

Cook
within 2
Days