

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

Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

800g Potato rinsed, peeled & cut into small chunks

15g Fresh Chives rinsed & finely chopped

Salad Leaves 80g

Radish

2 Lemons

80g

40g Pecan Nuts

Rainbow Trout Fillets 30ml NOMU Seafood Rub

60ml Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Milk (optional)

Salt & Pepper

Butter (optional)

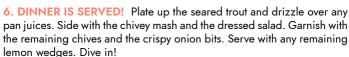
Sugar/Sweetener/Honey

- 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





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

Nutritional Information

Per 100a

471kl Energy 113kcal Energy 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