



UCOOK

Smoked Trout Ribbon & Potato Rosti

with dill crème fraîche

It's not every day you can look forward to an extra crispy, extra delicious potato rosti. Layered with a smear of dill-infused crème fraîche, smoky trout, oven roasted beets, fresh greens, and nutty almonds. Finished with zesty lemon juice, plus dollops of Pesto Princess Basil Pesto with cooling cucumber.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jenna Peoples

Adventurous Foodie

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage Rosé

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
10g	Almonds <i>roughly chop</i>
200g	Potato <i>rinse & peel (optional)</i>
20ml	Self-raising Flour
50ml	Crème Fraîche
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
20ml	Pesto Princess Basil Pesto
100g	Cucumber <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
1 pack	Smoked Trout Ribbons <i>roughly chop</i>
10ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Tea Towel
Paper Towel

1. UN-BEETABLE Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. AND NOW... THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GRATE JOB, CHEF! Grate the rinsed potato and place in a clean tea towel. Close up tightly and squeeze out as much liquid from the grated potato as possible. Discard the liquid. Place the drained potato in a bowl. Add the flour, 1 egg, 1 tbsp of oil, and seasoning. Mix until combined. Set aside.

4. DILL-ICIOUS DRIZZLES Place the crème fraîche into a small bowl and mix through $\frac{3}{4}$ of the chopped dill and seasoning. Set aside. In a bowl, loosen the pesto with olive oil until drizzling consistency. Add the diced cucumber to the loosened pesto, toss to combine, and season.

5. SPUDTACULAR Return the pan to medium-high heat with a drizzle of oil. Once hot, add the rosti batter and form into one round rosti, about 5mm thin. Fry until golden brown, 2-3 minutes per side. Get ready to flip! Cover the pan with a chopping board or a plate. Flip the pan quickly (and with confidence!), so the rosti flips onto the board or plate. Add another drizzle of oil to the pan and slide the rosti back into the pan, so the uncooked side is on the base of the pan. Fry further until golden brown, 2-3 minutes. Remove from the heat and drain on paper towel.

6. THE ROSTI IS READY! Plate up a crispy, golden potato rosti. Smear with the dill crème fraîche. Top with the roasted beetroot, the shredded salad leaves, the smoked trout ribbons, and scatter over the cucumber & pesto. Drizzle over the lemon juice (to taste) and sprinkle over the remaining dill and the toasted almonds. Gorgeous, Chef!

Chef's Tip

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

Nutritional Information

Per 100g

Energy	439kJ
Energy	105kcal
Protein	3.8g
Carbs	10g
of which sugars	1.2g
Fibre	1.9g
Fat	5.4g
of which saturated	2.1g
Sodium	158mg

Allergens

Egg, Gluten, Allium, Wheat, Fish, Tree Nuts, Cow's Milk

Eat
Within
2 Days