



UCOOK

Creamy Trout Spaghetti

with leeks, Italian-style hard cheese & fresh dill

A no hassle dinner! Wonderfully creamy trout spaghetti tossed with spinach and leeks. Served with a sprinkling of flavorful dill & salty italian-style hard cheese.

Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Leopard's Leap | Culinaria Brut MCC

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Ingredients & Prep

50ml	Low Fat Fresh Milk
125g	Spaghetti
5ml	NOMU Italian Rub
100g	Leeks <i>trimmed at the base & halved lengthways</i>
50g	Spinach <i>rinsed & roughly shredded</i>
40g	Smoked Trout Ribbons
4g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
50ml	Fresh Cream
25ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. THINGS ARE GETTING CREAMY... Place a pot over a medium heat. Add the milk, 150ml of water, the spaghetti, a pinch of salt, and the rub. Once simmering, cook for 10-15 minutes until the pasta is al dente, stirring occasionally.

2. SOMETHING'S LEEKING While the pasta is simmering, rinse the halved leeks thoroughly and roughly chop. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the chopped leeks and fry for 2-3 minutes until soft, shifting occasionally. Remove from the heat and add the rinsed spinach, the trout ribbons, and ½ the chopped dill. Set aside.

3. FINISH IT UP When the pasta is al dente, add the cream, a knob of butter (optional), ½ the Italian-style cheese, the fried leek and trout mixture and seasoning. Mix until fully combined. Remove from the heat, cover to keep warm and set aside.

4. FLAVOURFUL BOWL Bowl up the creamy pasta and sprinkle over the remaining grated cheese and dill. Great work, Chef!

Nutritional Information

Per 100g

Energy	823kj
Energy	195kcal
Protein	9.2g
Carbs	24g
of which sugars	2.8g
Fibre	1.7g
Fat	7g
of which saturated	3.6g
Sodium	399mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Fish

Cook
within 2
Days