

# UCOOK

## Rainbow Trout & Horseradish Crème Fraîche

**with soft baby potatoes & pickled onion**

A dill-icious yet calorie-conscious meal of pan-fried trout with fluffy baby potatoes, drizzled with a creamy horseradish sauce. Sided with a refreshing side of salad with greens, cucumber, & pickled onions. Garnished with fresh dill.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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\*New Calorie Conscious

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Creation Wines | Creation Rosé

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## Ingredients & Prep

600g	Baby Potato <i>rinse</i>
90ml	Creamy Horseradish <i>(30ml Horseradish Sauce &amp; 60ml Crème Fraîche)</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	Cucumber <i>rinse &amp; cut into rounds</i>
60g	Pickled Onion <i>roughly slice</i>
3	Rainbow Trout Fillets
30ml	Lemon Juice
8g	Fresh Dill <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. CRISS CROSS POTATOES** Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato. Place the potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 35-40 minutes.

**2. SOME PREP** Loosen the creamy horseradish with water in 5ml increments until drizzling consistency.

**3. FRESH SALAD** In a salad bowl, combine the shredded leaves, the cucumber pieces, the sliced onions, the lemon juice (to taste), and season.

**4. TROUT** Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

**5. TIME TO EAT** Plate up the potatoes, side with the trout, the lemony fresh salad, and drizzle the creamy horseradish over the potatoes and the trout. Sprinkle over the chopped dill. Easy, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	412kJ
Energy	98kcal
Protein	6.9g
Carbs	9g
of which sugars	2g
Fibre	1g
Fat	3.5g
of which saturated	1.4g
Sodium	96.4mg

## Allergens

Cow's Milk, Allium, Sulphites, Fish

Eat  
Within  
2 Days