



UCOOK

Hot Smoked Trout & Cheat's Hollandaise

with buttery baby potatoes & a sweet apple salad

It's back – our delish cheat's Hollandaise sauce! This time, it's poured over hot smoked trout fillets served alongside buttery baby potatoes and a crunchy apple & radish salad. Finished off with a fresh squeeze of lemon juice, a culinary masterpiece!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Easy Peasy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed</i>
10ml	NOMU Provençal Rub
1	Hot Smoked Trout Fillet
22,5ml	Mustard Vinegar <i>(7,5ml Dijon Mustard & 15ml White Wine Vinegar)</i>
40ml	Crème Fraîche
4g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>
1	Apple <i>½ sliced into thin wedges</i>
20g	Radish <i>thinly sliced</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. BUTTERY BABY POTATOES Preheat the oven to 60°C. Place the rinsed baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until easily pierced with a fork. Drain on completion. Return the drained potatoes to the pot and reduce the heat to medium. Add a knob of butter, the provençal rub, and seasoning. Cover with a lid and holding the handles tightly, shake, shake, shake the pot until the butter has melted and fully coated the potatoes. Remove from the heat and cover to keep warm for serving.

2. ABOUT THE TROUT Place the hot smoked trout fillet on a greased baking tray and place in the warm oven for 10 minutes until warmed through. In a salad bowl, mix ½ the mustard vinegar, 15ml of olive oil, and ½ tsp of a sweetener of choice to make a salad dressing.

3. THE CHEAT'S HOLLANDAISE Place a pan over a low-medium heat. Once hot, add the crème fraîche, the remaining mustard vinegar, ½ the chopped dill and 30ml of warm water. Gently simmer for 2-3 minutes, stirring occasionally. Remove from the heat and whisk in 15g of butter. If the sauce is too thick for your liking, loosen with warm water in 5ml increments. Season to taste.

4. SWEET SALAD In the salad bowl with the dressing, add the rinsed salad leaves, the apple wedges, and the sliced radish. Toss until fully combined.

5. LET'S EAT! Dish up the hot smoked trout fillet. Pour over the creamy hollandaise sauce and garnish with the remaining dill. Serve with the buttery baby potatoes and crunchy apple and radish salad. Finish with a generous squeeze of lemon juice. Divine, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	454kj
Energy	109Kcal
Protein	6.5g
Carbs	9g
of which sugars	2.6g
Fibre	1.5g
Fat	4.9g
of which saturated	2.3g
Sodium	147mg

Allergens

Dairy, Sulphites, Fish

Cook
within 2
Days