



UCCOOK

Smoky Trout Tagliatelle

with broccoli, peas & flaked almonds

Who can say no to a big bowl of delicious pasta? This creamy tagliatelle entangled with smoky trout and served with charred broccoli, is quick to make but it will keep you happy and nourished for much, much longer.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Niel Joubert | Blanc de Noir

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @uccooksa #lovinguccook

Ingredients & Prep

100g	Tagliatelle
50g	Peas
10g	Flaked Almonds
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled & roughly diced</i>
30ml	Crème Fraîche
5ml	Dijon Mustard
15ml	Lemon Juice
80g	Smoked Trout Ribbons <i>roughly chopped</i>
4g	Fresh Dill <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ROLLING PASTA Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving 150ml of the pasta water. Toss through some oil to prevent sticking.

2. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion.

3. FLAKY ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

4. CHARRED BROCC Return the pan to a medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 3-4 minutes until slightly charred and cooked through. Season, remove from the pan and cover to keep warm.

5. ALMOST THERE Return the pan to a medium-high heat with another drizzle of oil. When hot, sauté the diced onion for 3-5 minutes until soft, shifting frequently. Stir in the reserved pasta water, the crème fraîche, the mustard, and some lemon juice (to taste). Reduce the heat and leave to simmer for 1-2 minutes until slightly thickened. Stir in the peas, the chopped smoked trout, the cooked pasta, and ½ the fresh chopped dill. Season and toss to combine. Add a splash of water if the sauce is too thick. Remove from the heat.

6. VOILA CHEF Plate up the creamy tagliatelle with smoked trout and serve the charred broccoli on the side. Sprinkle over the flaked almonds and the remaining chopped dill. Enjoy Chef!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	692kJ
Energy	165Kcal
Protein	8.1g
Carbs	17g
of which sugars	2.8g
Fibre	2.6g
Fat	5.5g
of which saturated	2.1g
Sodium	52mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish, Tree Nuts

Cook
within 2
Days