



UCOOK

Trout & Apricot Butter

with a fennel, apple & celery salad

There's not a thing out of place on this plate. Succulent trout fillet is pan-fried to perfection, and adorned with a luscious apricot & soy basting. Served alongside creamy mashed potato and a crisp fennel, apple & celery salad featuring a mustard dressing.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Adventurous Foodie

 Waterford Estate | Waterford Rosemary Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
15ml	Apricot & Soy Sauce <i>(10ml Apricot Jam & 5ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Dill <i>rinse & finely chop</i>
1	Rainbow Trout Fillet
5ml	Dijon Mustard
20g	Salad Leaves <i>rinse & roughly shred</i>
1	Celery Stalk <i>rinse & roughly slice</i>
1	Apple <i>rinse, peel, core & thinly slice ½</i>

From Your Kitchen

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

1. POTATO MASH Place the potato pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. MAKE THE MARINADE Melt 30g of butter in a small pot over medium heat. Add the lemon zest (to taste), a generous squeeze of lemon juice, the apricot & soy sauce, the grated garlic, ½ the chopped dill, and seasoning. Bring to a simmer, 2-3 minutes (stirring occasionally). Remove from the heat and set aside.

3. JUICY 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. Working quickly, use a pastry brush to coat the flesh side of the fish with some of the marinade. Flip and fry the flesh side until cooked through, 30-60 seconds. Remove from the pan and season. Loosen the remaining marinade with warm water in 5ml increments until drizzling consistency.

4. CRUNCHY SALAD In a salad bowl, loosen the mustard with a splash of water and olive oil in 5ml increments until drizzling consistency. Add a sweetener and seasoning. Mix to combine. Toss through the rinsed leaves, the sliced celery, and the apple slices. Set aside.

5. GRAB THE PLATES Dish up a heap of the potato mash and top with the pan-fried trout. Drizzle over the remaining marinade. Side with the dressed apple & celery salad, and garnish with the remaining dill and lemon wedges. Dive in, Chef!

Nutritional Information

Per 100g

Energy	340kj
Energy	81kcal
Protein	5.7g
Carbs	12g
of which sugars	4.1g
Fibre	1.9g
Fat	1.6g
of which saturated	0.3g
Sodium	48mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy, Cow's Milk

Cook
within 2
Days