



UCCOOK

Tangy Beetroot Carpaccio & Smoked Trout

with Italian-style cheese crisps

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	239.6kJ	1631kJ
Energy	57.3kcal	390.1kcal
Protein	4.2g	28.5g
Carbs	5.8g	39.6g
of which sugars	1.5g	10.5g
Fibre	1.9g	13.1g
Fat	2g	13.9g
of which saturated	0.9g	5.9g
Sodium	235.9mg	1605.6mg

Allergens: Sulphites, Egg, Fish, Cow's Milk

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim & peel (optional)</i>
50ml	100ml	Grated Italian-style Hard Cheese
20g	40g	Capers <i>drain</i>
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
50ml	100ml	Creamy Horseradish Sauce <i>(10ml [20ml] Horseradish Sauce & 40ml [80ml] Greek Yoghurt)</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
20g	40g	Salad Leaves <i>rinse & shred</i>
1 pack	2 packs	Smoked Trout Ribbons <i>roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter (optional)

1. BOIL THE BEETS Place the beetroot in a pot of salted water. Bring to a boil and cook until tender, 25-30 minutes. Drain and run under cold water to stop the cooking process.

2. CHEESE CRISPS Place a non-stick pan over low-medium heat. Take small spoonfuls of grated cheese (about 1 tbsp each) and flatten them into thin circles directly in the pan. Leave a little space between each circle, they'll spread slightly. Let them cook until turning golden and the cheese melts, 2-3 minutes. Flip them quickly to crisp the other side until golden, 1-2 minutes. Remove from the pan and place on a plate to cool (don't stack them).

3. CRISPY CAPERS Pat dry the capers with a paper towel. Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the capers until they puff up slightly and turn golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. CARPACCIO & SOME PREP Cut the beetroot into thin rounds. Add a squeeze of lemon juice (to taste) and seasoning. Toss to combine and set aside. Loosen the creamy horseradish sauce with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Lay the beet slices on a plate, forming a circular pattern if desired, and top with the cucumber slices in the same arrangement. Place the salad leaves in the centre, then scatter the trout and crispy capers over the top. Squeeze over any remaining lemon juice (to taste), drizzle with the creamy horseradish sauce, and garnish with the crispy Italian-style cheese. Garnish with a sprinkle of the lemon zest. Dig in, Chef!