



UCCOOK

Doos Crispy Trout & White Wine Sauce

with baby carrots & leeks

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Doos Winery

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	329.9kJ	1950.8kJ
Energy	78.9kcal	466.5kcal
Protein	5.5g	32.5g
Carbs	10g	59.1g
of which sugars	2.3g	13.8g
Fibre	1.3g	7.9g
Fat	1.4g	8g
of which saturated	0.3g	1.8g
Sodium	29.1mg	171.8mg

Allergens: Cow's Milk, Allium, Sulphites, Fish, Alcohol

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
100g	200g	Leeks <i>trim at the base</i>
120g	240g	Baby Carrots <i>rinse & trim</i>
50ml	100ml	Wine & Vinegar <i>(30ml [60ml] White Wine & 20ml [40ml] White Wine Vinegar)</i>
1	2	Rainbow Trout Fillet/s

From Your Kitchen

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

1. BABY POTS Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, return to the heat with a knob of butter and chives. Cook until the butter has fully melted, 1-2 minutes, gently moving the pot around so the potatoes become evenly coated.

2. CARROT & LEEKS Thoroughly rinse the leeks. Finely slice a ¼ of the leeks and roughly slice the rest. Place a pan over medium heat with a drizzle of oil. When hot, fry the carrots until lightly golden, 8-10 minutes (shifting occasionally). At the halfway mark, mix in the roughly sliced leeks and a knob of butter (optional). Add 2 [4] tbsp of water and simmer until the carrots are tender when pierced with a fork, 5-8 minutes. Remove from the pan and season.

3. SAUCE Return the pan to medium heat with the finely sliced leeks and wine & vinegar. Simmer until almost reduced, 2-4 minutes. Remove from the heat and whisk in 20g [40g] of butter. Add seasoning and cover to keep warm.

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. DINNER IS READY Dish up the potatoes, side with carrots and leeks. Serve the trout on the side and drizzle the sauce over the trout. Cheers, Chef!

Chef's Tip Reduce the wine & vinegar until nearly evaporated, as this intensifies the flavour without making it watery.