



UCOOK

Garlic & Lemon Butter Trout

with carrot purée & a fresh salad

Indulge in buttery and zesty garlic lemon trout, served with velvety carrot purée, fresh parsley, and a side of tangy tomato and leafy salad. Yum!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Nell

 Quick & Easy

 Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

240g	Carrot <i>peeled, trimmed & cut into thin rounds</i>
1	Onion <i>½ peeled & roughly diced</i>
5ml	NOMU Italian Rub
1	Rainbow Trout Fillet
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>½ cut into wedges</i>
15ml	White Wine
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Tomato <i>½ roughly diced</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. CARROTS Boil the kettle. Place a pot (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the carrot rounds and the chopped onion. Fry for 2-3 minutes until slightly softened and starting to brown, shifting occasionally. Pour in 100ml of boiling water, cover with the lid, and simmer for 4-5 minutes until the carrots are soft.

2. TROUT Pat the trout dry with paper towel. Coat the flesh with the NOMU rub and seasoning. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trout, skin-side down, for 2-3 minutes until crispy. Flip, and fry for 30-60 seconds or until cooked through to your preference. Remove from the pan and cover to keep warm.

3. LEMON BUTTER Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 30-60 seconds, shifting constantly. Add a squeeze of lemon juice (to taste) and the wine. Cook for 2-4 minutes until the wine has almost all evaporated. Remove the pan from the heat and add ½ the chopped parsley and 30g of butter. Mix until melted and combined.

4. PURÉE Once the carrots and onions are soft, remove from the pan and place in a blender, along with any remaining water from the pan. Add a knob of butter and seasoning. Blend until a smooth purée, adding more boiling water if necessary. Cover to keep warm until serving.

5. SALAD In a bowl, combine the diced tomato, the shredded leaves, a drizzle of olive oil, a squeeze of lemon juice, and seasoning.

6. GREAT WORK, CHEF! Smear the carrot purée on the plate and top with the trout fillet. Pour over the garlic butter sauce and serve the fresh salad on the side. Garnish with the remaining parsley. Serve any remaining lemon wedges alongside.

Nutritional Information

Per 100g

Energy	257kJ
Energy	61kcal
Protein	5g
Carbs	7g
of which sugars	3.1g
Fibre	1.7g
Fat	1.4g
of which saturated	0.3g
Sodium	51.4mg

Allergens

Dairy, Allium, Sulphites, Fish, Alcohol

Cook
within 2
Days