



# UCCOOK

## Rainbow Trout & Potato Salad

with gherkins & almonds

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Caitlin Swanepoel

**Wine Pairing:** Paul Cluver | Village Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	581kJ	2371kJ
Energy	139kcal	567kcal
Protein	8g	32.5g
Carbs	10g	40g
of which sugars	2.1g	8.6g
Fibre	1.2g	4.8g
Fat	7.1g	28.9g
of which saturated	0.8g	3.3g
Sodium	74mg	303mg

**Allergens:** Cow's Milk, Sulphites, Fish, Tree Nuts

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Baby Potatoes <i>rinse</i>
8g	10g	Fresh Parsley <i>rinse &amp; roughly chop</i>
90ml	125ml	Mayo
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Gherkins <i>drain &amp; roughly chop</i>
30g	40g	Almonds <i>roughly chop</i>
3	4	Rainbow Trout Fillets

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

**1. PARSLEY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain the potatoes and return to the pot. Toss with a knob of butter, the parsley, the mayo and seasoning.

**2. SOME PREP** In a salad bowl, toss the leaves with the gherkins, the almonds, a drizzle of olive oil and season. Set aside.

**3. 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. Gently flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan.

**4. DINNER IS READY** Dish up the creamy potato salad, side with the trout and fresh dressed salad. Dig in, Chef!