



# UCOOK

## Trout Ribbon Chowder

**with bell peppers, corn & dill**

Two culinary worlds collide and bring us an explosion of flavour in this soup-meets-stew chowder dish. So, Chef, get ready to chow down on this trout chowder, dotted with corn, onion, bell pepper & butternut. All these ingredients are embraced by a thick, creamy liquid made from crème fraîche, white wine, & stock.

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Carb Conscious

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 Laborie Estate | Laborie Rosé 2023

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice ½</i>
50g	Corn
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into bite-sized pieces</i>
1	Garlic Clove <i>peel &amp; grate</i>
5ml	Vegetable Stock
50ml	White Wine
250g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
1 unit	Smoked Trout Ribbons <i>roughly chop</i>
30ml	Crème Fraîche
3g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. BEGIN WITH THE BASE** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion, the corn, and the pepper pieces until caramelised, 8-10 minutes (shifting occasionally). In the final minute, add the grated garlic, the stock, and the wine, and fry until fragrant, 1-2 minutes. Season.

**2. ADD THE REST** Add the butternut pieces and 400ml of water, and simmer until the butternut has softened, 20-25 minutes. Remove from the heat and add the trout, the crème fraîche, ½ the chopped dill, and seasoning.

**3. BOWLED OVER** Bowl up the trout chowder, garnish with the remaining dill, and enjoy!

## Nutritional Information

Per 100g

Energy	338kj
Energy	81kcal
Protein	2.9g
Carbs	9g
of which sugars	2.3g
Fibre	1.6g
Fat	2.5g
of which saturated	1.4g
Sodium	190mg

## Allergens

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

Eat  
Within  
2 Days