



# 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<br><i>rinse</i>                    |
| 8g   | 10g   | Fresh Parsley<br><i>rinse &amp; roughly chop</i> |
| 90ml | 125ml | Mayo   |
| 60g  | 80g   | Salad Leaves<br><i>rinse</i>                     |
| 60g  | 80g   | Gherkins<br><i>drain &amp; roughly chop</i>      |
| 30g  | 40g   | Almonds<br><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!