

UCCOOK

Brown Butter Trout & Fondant Potatoes

with mixed nuts & a sun-dried tomato salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	386kJ	2582kJ
Energy	92kcal	617kcal
Protein	5.7g	38.4g
Carbs	11g	71g
of which sugars	2.4g	16g
Fibre	1.9g	13g
Fat	3.1g	20.9g
of which saturated	0.5g	3.4g
Sodium	33mg	221mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts

Spice Level: NONE

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2,5ml	5ml	Beef Stock
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
20g	40g	Mixed Nuts <i>(10g [20g] Almonds & 10g [20g] Cashew Nuts)</i>
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	2	Rainbow Trout Fillet/s
20ml	40ml	Cake Flour

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. FONDANT POTATOES Preheat the oven to 220°C. Boil the kettle. Dilute the stock with 100ml [200ml] of boiling water. Place an ovenproof pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the potato pieces, cut side down, until the base is golden, 5 minutes. Flip and pour in the diluted stock. Pop in the hot oven and bake until the potatoes are tender, 25-30 minutes (adding more water if necessary).

2. BROWN BUTTER SAUCE Roughly chop the mixed nuts. Place the pan over medium heat with 20g [40g] of butter. Once melted, fry until brown, 30-60 seconds (shifting constantly). Add the nuts and toast until golden brown, 2-4 minutes (shifting occasionally). Remove the pan from the heat and quickly mix in the juice from 2 [4] lemon wedges (to taste), the lemon zest (to taste), ½ the parsley, and seasoning. Cover and set aside.

3. SUN-DRIED TOMATO SALAD In a salad bowl, toss together the salad leaves, the sun-dried tomatoes, the cucumber, a squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside.

4. CRISPY FRIED FISH Place a clean pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. Coat the trout in the flour, gently pressing to ensure it sticks. 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. SEAFOOD SENSATION Plate up the delicious fondant potatoes and pour over the mixed nut sauce. Side with the crispy trout and the sun-dried tomato salad. Garnish it all with the remaining parsley.