Eat Within 2 Days

UCOOK

Nitída's Silky Leek & Trout Tagliatelle

with baby spinach

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	853kJ	2982kJ
Energy	204kcal	713kcal
Protein	8.5g	29.8g
Carbs	22g	76g
of which sugars	2.8g	9.7g
Fibre	1.7g	5.8g
Fat	6.8g	23.8g
of which saturated	3.5g	12.3g
Sodium	304mg	1062mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Tagliatelle Pasta
100g	200g	Leeks *trim & cut in half lengthways; thoroughly rinse & roughly slice*
1	1	Garlic Clove *peel & grate*
50ml	100ml	Crème Fraîche
1 pack	2 packs	Smoked Trout Ribbons *roughly slice*
20g	40g	Green Leaves *rinse*
15ml	30ml	Lemon Juice
2,5ml	5ml	Dried Chilli Flakes

From Your Kitchen

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

1. TASTY TAGLIATELLE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

2. ALL TOGETHER Place a pan over medium heat with a drizzle oil. When hot, fry the leeks until soft, 5-6 minutes. Add the garlic and fry until fragrant, 30-60 seconds. Mix in the crème fraîche, the cooked pasta, and loosen with the reserved pasta water until desired consistency. Mix in ½ of the trout and spinach. Simmer until the spinach is wilted, 1-2 minutes. Remove from the heat and season.

3. TIME TO DINE Bowl up the leek and trout tagliatelle. Scatter the remaining trout over and drizzle with lemon juice. Garnish with the chilli flakes (to taste). Dig in, Chef!

Chef's Tip Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.