



UCOOK

Muratie's Dill Trout & Creamy Leeks

with lemon juice & carrot wedges

Milder than onions, leeks are a wonderful way to add a subtle allium flavour to a dish. The flavours really come alive when braised, which is the technique we use in this dill-icious trout dish. Silky leeks are coated in fresh cream and served with oven-roasted carrot wedges, trout dotted with fresh dill and zesty lemon juice.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Muratie Winery

Carb Conscious

Muratie Wine Estate | Muratie Isabella
Chardonnay 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
400g	Leeks <i>trim at the base & cut in half lengthways</i>
160ml	Fresh Cream
4	Rainbow Trout Fillets
10g	Fresh Dill <i>rinse, pick & roughly chop</i>
60ml	Lemon Juice

From Your Kitchen

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

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. SEEK OUT THE LEEK Rinse the halved leeks thoroughly and thickly slice. Place a pan over medium-high heat with a drizzle of oil. When hot, sauté the sliced leeks until soft, 3-4 minutes (shifting occasionally). Remove from the heat and stir in the cream and a knob of butter. Season and set aside.

3. BUTTER-BASTED FISH Place a clean 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. Flip and fry the other side, basting with a knob of butter, ½ the chopped dill and ½ the lemon juice (to taste) until cooked through, 30-60 seconds. Remove from the pan and season.

4. DIVE INTO DINNER! Serve up the buttery trout and drizzle with any remaining pan juices. Serve the creamy leeks and carrot wedges alongside. Finish with a drizzle of the remaining lemon juice (to taste) and the remaining dill.



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	373kj
Energy	89kcal
Protein	5.8g
Carbs	8g
of which sugars	3.2g
Fibre	1.6g
Fat	4.1g
of which saturated	1.9g
Sodium	25mg

Allergens

Allium, Fish, Cow's Milk

Eat
Within
2 Days