



# UCOOK

## Smoked Trout & Cream Cheese Focaccia

with capers, red onion & green leaves

Think trout and cream cheese bagel, but on a crispy focaccia base! Topped with capers, baby tomatoes, and thinly sliced red onion for zing, this is the perfect easy and delicious dish!

---

**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 3 People

---

**Chef:** Hannah Duxbury

---

 Fan Faves

---

 Fat Bastard | Rosé

---

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

## Ingredients & Prep

1	Lemon <i>zested &amp; cut into wedges</i>
185ml	Cream Cheese
3	Focaccia Bases
120g	Smoked Trout Ribbons <i>roughly chopped</i>
30g	Capers <i>drained &amp; roughly chopped</i>
240g	Baby Tomatoes <i>cut into quarters</i>
1	Red Onion <i>¾ peeled &amp; thinly sliced</i>
60g	Green Leaves <i>rinsed</i>
12g	Fresh Chives <i>rinsed &amp; finely chopped</i>

## From Your Kitchen

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

**1. LET'S GET PREPPY** Preheat the oven to the grill setting or the highest temperature. In a bowl, combine the lemon zest (to taste), the cream cheese, and some seasoning.

**2. FAB FOCACCIA** Slide the focaccia bases onto a tray and par bake in the hot oven for 2-5 minutes until lightly golden. Carefully flip the bases over, and cook for another 3-5 minutes until the bases are crispy and golden on the other side.

**3. ASSEMBLE THE DELICIOUSNESS!** Carefully remove the bases from the oven. Spread over a layer of the lemon zest cream cheese. Top with the chopped smoked trout, and finish off with the chopped capers, the quartered baby tomatoes, and the red onions slices.

**4. TIME TO DINE** Serve your smoked trout and cream cheese focaccia. Sprinkle over the fresh green leaves, squeeze over some lemon juice, and drizzle over some olive oil. Finish off with a crack of black pepper and a sprinkle of the chopped chives. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	589kJ
Energy	141Kcal
Protein	6.1g
Carbs	16g
of which sugars	2.6g
Fibre	2.5g
Fat	5.2g
of which saturated	3.2g
Sodium	348mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish

Cook  
within 1  
Day