



UCOOK

Trout & Cheats Hollandaise Sauce

with avocado & sesame seeds

A beautiful fillet of trout smothered in a creamy cheat's Hollandaise sauce made from Dijon mustard and crème fraîche with a sneaky surprise umami kick - miso paste! Served with an avocado & corn salad, and roasted sesame butternut. All the skill with none of the fuss!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Sijnn Wines | Sijnn White Blend

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

Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
5ml	Black Sesame Seeds
1	Avocado
10ml	Lime Juice
50g	Corn
25ml	Crème Fraîche
5ml	Dijon Mustard
10ml	Miso Paste
1	Rainbow Trout Fillet
20g	Radish <i>rinsed & cut into thin matchsticks</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. THIS Preheat the oven to 200°C. Spread the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. DINNER Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Halve the avocado and set aside the half containing the pip for another meal. Peel off the avocado skin of the remaining half. Roughly dice and place in a salad bowl. Toss with the lime juice.

3. IS GOING Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and add to the bowl with the avo.

4. TO BE When the butternut has 10-15 minutes remaining, return the pan to medium-low heat. Add the crème fraîche, the mustard, the miso paste (to taste), and 30ml of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 15g of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season, cover, and set aside.

5. ONE Pat the trout dry with paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down until crispy, 2-3 minutes. Flip and fry for a further 30-60 seconds or until cooked through to your preference.

6. TO REMEMBER In a bowl, combine the roasted butternut and ½ the toasted sesame seeds. Set aside. In the bowl with the diced avo and corn, add the radish matchsticks, the rinsed salad leaves, seasoning, and a drizzle of olive oil. Toss until combined.

7. CHEF! Dish up the trout and pour over the miso Hollandaise. Serve alongside the sesame butternut and the avo salad. Garnish with the remaining sesame seeds.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	481kJ
Energy	115kcal
Protein	5.7g
Carbs	9g
of which sugars	1.6g
Fibre	2.7g
Fat	6.5g
of which saturated	1.8g
Sodium	87mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites, Fish, Soy

Cook
within 2
Days