



UCOOK

Trout & Cheat's Miso Hollandaise

with avocado & sesame seeds

A beautiful fillet of trout smothered in a creamy cheat's Hollandaise sauce made from Dijon mustard & 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: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Paserene | The Shiner White Blend

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Ingredients & Prep

750g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
15ml	Black Sesame Seeds
2	Avocados
30ml	Lime Juice
150g	Corn
75ml	Crème Fraîche
15ml	Dijon Mustard
30ml	Miso Paste
3	Rainbow Trout Fillets
60g	Radish <i>rinsed & cut into thin matchsticks</i>
60g	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, 30-35 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 avocados and set aside one of the halves containing the pip for another meal. Peel off the avocado skin of the remaining halves. Roughly dice and place in a salad bowl. Toss with the lime juice.

3. IS GOING Return the pan to a high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 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 a medium-low heat. Add the crème fraîche, the mustard, the miso paste (to taste), and 80ml of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 45g of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season, cover to keep warm, and set aside.

5. ONE Pat the trout dry with paper towel. Place a large pan over a 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	644kJ
Energy	154kcal
Protein	3.9g
Carbs	15g
of which sugars	2g
Fibre	3.2g
Fat	8.8g
of which saturated	2.6g
Sodium	154mg

Allergens

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

Cook
within 2
Days