

UCOOK

Trout & Horseradish Crème Fraîche

with crossed baby potatoes

This fish dish is simply delish and will go down swimmingly with any diners you ever have over for dinner. It starts with the oven roasted crossed potatoes, continues with a zesty pickled onion, cucumber half-moon, & dill salad, and ends on a high note with perfectly pan fried trout drizzled with lemon-infused horseradish & crème fraîche.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

🍷 Adventurous Foodie

🍷 Creation Wines | Creation Rosé

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Ingredients & Prep

200g	Baby Potato <i>rinse</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Pickled Onion <i>drain & thinly sliced</i>
3g	Fresh Dill <i>rinse & roughly chop</i>
50g	Cucumber <i>rinse & cut into rounds</i>
1	Lemon <i>rinse, cut ½ into quarters & cut ½ into rounds</i>
10ml	Horseradish Sauce
20ml	Crème Fraîche
1	Rainbow Trout Fillet

From Your Kitchen

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

1. CRISS CROSS, FLAVOUR BOSS Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato. Place the potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 30-35 minutes.

2. SENSATIONAL SEAFOOD SIDES In a salad bowl, toss together the shredded leaves, the sliced pickled onion, ½ the chopped dill, the cucumber rounds, a squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside. In a small bowl, combine the horseradish sauce, the crème fraîche, a squeeze of lemon juice, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

3. NOW ABOUT THE TROUT Return the pan to 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 until cooked through, 30-60 seconds. Remove from the pan and season.

4. HOOKED ON A DELISH DISH Plate up the trout and crossed potatoes. Drizzle over the horseradish crème fraîche. Side with the pickled onion & cucumber salad. Garnish with the remaining dill and the lemon rounds.



Chef's Tip

Air fryer method: Coat the crossed baby potatoes 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	5.9g
Carbs	9g
of which sugars	2.2g
Fibre	1.3g
Fat	3.2g
of which saturated	1.3g
Sodium	79mg

Allergens

Allium, Sulphites, Fish, Tree Nuts, Soy, Cow's Milk

Cook
within 2
Days