

UCOOK

Tantalizing Trout & Latkes

with charred cucumber & a tahini-coconut yoghurt sauce

Keen to try something a little different? A tahini-coconut yoghurt sauce is drizzled over crispy & crunchy latkes and trout fillet. Sided with a charred cucumber & sweet piquanté pepper salad for freshness. Sounds totally delicious!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

Adventurous Foodie

Doos Wine | Doos Pink 3L

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Ingredients & Prep

200g	Potato <i>rinse</i>
1	Onion <i>peel & finely dice ½</i>
30ml	Self-raising Flour
50g	Cucumber <i>cut into 1-2cm thick strips</i>
1	Rainbow Trout Fillet
20g	Salad Leaves <i>rinse & roughly shred</i>
15g	Piquanté Peppers <i>drain</i>
10ml	Red Wine Vinegar
7,5ml	Tahini
30ml	Coconut Yoghurt
3g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Tea Towel

1. READY THE LATKES Grate the rinsed potato and place in a clean tea towel. Close up tightly and squeeze the liquid out from the grated potato. Discard the liquid. Place the drained potato in a bowl. Mix together with the diced onion, the flour, 1 egg, a drizzle of oil, and seasoning.

2. CHARRED CUCUMBER Place a pan over high heat with a drizzle of oil. When hot, add the cucumber strips and brown until charred, 2-3 minutes per side. Remove from the pan and set aside.

3. TASTY 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. CRISPY LATKES Return the pan to medium-high heat with enough oil to cover the base. Once hot, scoop 1 tbsp of the latke mixture into the hot oil. Flatten slightly and repeat with the remaining mixture, leaving a 1cm gap between each latke. Fry until crispy and cooked through, 2-3 minutes per side. Keep a close eye on them so they don't burn! Remove from the pan and drain on paper towel.

5. SALAD & SAUCE In a bowl, combine the shredded salad leaves, the drained peppers, the charred cucumber, the vinegar, a drizzle of olive oil, and seasoning. In a separate small bowl, combine the tahini, the coconut yoghurt, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

6. LOOK AT THAT! Plate up the charred cucumber salad. Side with the trout fillet and the latkes. Drizzle the tahini sauce over the trout & latkes and sprinkle over the chopped dill. Stunning, Chef!

Nutritional Information

Per 100g

Energy	376kJ
Energy	90kcal
Protein	5.7g
Carbs	11g
of which sugars	2.4g
Fibre	1.4g
Fat	2.2g
of which saturated	0.6g
Sodium	20mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish

Eat
Within
2 Days