



UCCOOK

Flaky Trout & Summer Sauce

with roasted butternut & a green anchovy sauce

Beautiful pan-fried rainbow trout fillet is accompanied by zesty crumbed butternut half-moons, fresh dressed green leaves and toasty seeds for crunch. Lashings of delicious green anchovy summer sauce will make you want to go back for seconds, thirds and fourths!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Herman Lensing

♥ Health Nut

🍷 Fat Bastard | Rosé

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

Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
20ml	NOMU Seafood Rub
30g	Pumpkin Seeds
100ml	Panko Breadcrumbs
1	Lemon <i>zested & cut into wedges</i>
30g	Anchovies <i>drained</i>
20g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
40g	Green Leaves <i>rinsed</i>
2	Rainbow Trout Fillets

From Your Kitchen

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

1. GOLDEN MOONS Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, ½ the rub and season. Roast in the hot oven for 30-35 minutes.

2. TOASTED SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion. In a small bowl, combine the breadcrumbs and some lemon zest.

3. SUMMER SAUCE Place the anchovies, ¾ of the chopped parsley, a drizzle of olive oil, a splash of water, the juice of 2 lemon wedges, some zest and seasoning in a blender. Pulse until a smooth sauce forms. Add more water if necessary.

4. CRUNCH & DRESS When the butternut is halfway, remove from the oven and sprinkle over the zesty crumb. Toss to coat and return to the oven for the remaining time. On completion, the crumb should be golden and the butternut cooked through. Place the rinsed green leaves in a salad bowl. Toss with ½ the toasted seeds, a drizzle of oil and a squeeze of lemon juice. Season and set aside.

5. TASTY TROUT Pat the trout dry with paper towel. Coat the flesh with the remaining rub and seasoning. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion.

6. SUMMER FLAVA! Dish up the dressed leaves and lay over the succulent trout fillet. Side with the crispy butternut half-moons and drizzle with the beautiful summery sauce. Sprinkle over the remaining pumpkin seeds and parsley. Serve any remaining lemon wedges alongside.



Chef's Tip

To ensure the butternut gets nice and crispy, make sure there is a little bit of space in between each piece when spreading them out on the roasting tray.

Nutritional Information

Per 100g

Energy	469kJ
Energy	112Kcal
Protein	8.3g
Carbs	12g
of which sugars	1.8g
Fibre	2.5g
Fat	2.9g
of which saturated	0.7g
Sodium	242mg

Allergens

Gluten, Allium, Wheat, Fish

Cook
within 2
Days