



UCCOOK

Trout & Creamy Miso sauce

with avocado & sesame seeds

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	480kj	3441kj
Energy	115kcal	823kcal
Protein	5.1g	36.7g
Carbs	8g	60g
of which sugars	1.5g	10.4g
Fibre	3g	21.7g
Fat	6.8g	49.1g
of which saturated	1.7g	11.8g
Sodium	11mg	78mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>deseed, peel (optional) & cut into bite-sized chunks</i>
5ml	10ml	Black Sesame Seeds
50g	100g	Corn
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
10ml	20ml	Lime Juice
30ml	60ml	Crème Fraîche Mix <i>25ml [50ml] Crème Fraîche & 5ml [10ml] Dijon Mustard</i>
10ml	20ml	Miso Paste
1	2	Rainbow Trout Fillet/s
20g	40g	Radish <i>rinse & cut into thin matchsticks</i>
20g	40g	Salad Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

1. **THIS** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **DINNER** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

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 a bowl with the avocado and lime juice.

4. **TO BE** When the butternut has 10-15 minutes remaining, return the pan to medium-low heat. Add the crème fraîche mix, the miso paste (to taste), and 30ml [50ml] of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 15g [30g] 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 clean 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 avocado and corn, add the radish, the 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 avocado salad. Garnish with the remaining sesame seeds.