



UCOOK

Ribboned Smoked Trout Pasta

with fresh dill & toasted walnuts

This zesty pasta dish is a deliciously simple recipe that is perfect for a weeknight meal. A smooth mixture of creamy peas & fresh dill adds beautiful flavour, while the trout gives it a smoky & salty taste. We've also added toasted walnuts for a touch of crunch. It's sure to please everyone at the table!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

125g	Fusilli Pasta
10g	Walnuts <i>roughly chop</i>
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
100g	Peas
100ml	Fresh Cream
3g	Fresh Dill <i>rinse & pick</i>
15ml	Lemon Juice
1 pack	Smoked Trout Ribbons <i>roughly shred</i>

From Your Kitchen

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

1. PASTA TIME Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain (reserving a cup of pasta water), return to the pot, and toss through a drizzle of olive oil.

2. TOAST THE WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUCE BASE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, about 1 minute (shifting constantly). Stir in $\frac{3}{4}$ of the peas and the cream until heated through, 1-2 minutes.

4. BLEND IT To a blender, add $\frac{1}{2}$ the picked dill, the lemon juice, and the creamy pea & onion mixture. Blend until smooth. Add the reserved pasta water in 10ml increments until the desired consistency. Season and toss through the cooked pasta.

5. FINAL TOUCHES Return the pot of pea pasta to medium heat. Stir through the remaining peas and $\frac{1}{2}$ the shredded trout ribbons until heated through, 2-3 minutes.

6. THE MOMENT HAS ARRIVED! Plate up the creamy trout & pea pasta. Top with the remaining shredded smoked trout, and scatter over the toasted walnuts. Garnish with the remaining dill. Finish off with a crack of black pepper. Excellent, Chef!

Nutritional Information

Per 100g

Energy	931kJ
Energy	222kcal
Protein	7.3g
Carbs	25g
of which sugars	3.4g
Fibre	2.5g
Fat	10g
of which saturated	5.1g
Sodium	148.2mg

Allergens

Gluten, Allium, Wheat, Fish, Tree Nuts, Cow's Milk

Cook
within 2
Days