



# QCOOK

## Smoked Trout & Cream Cheese Flatbread

with capers & salad leaves

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Koelenhof | Koelenbosch MCC

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	815kj	2200kj
Energy	195kcal	526kcal
Protein	10.3g	27.8g
Carbs	20g	54g
of which sugars	2.1g	5.8g
Fibre	1.4g	3.8g
Fat	8g	21.7g
of which saturated	4.3g	11.5g
Sodium	806mg	2177mg

**Allergens:** Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 3 [Serves 4]

3	4	Pita Flatbreads
150ml	200ml	Cream Cheese
60g	80g	Salad Leaves <i>rinse</i>
3 units	4 units	Smoked Trout Ribbons <i>roughly slice</i>
45g	60g	Capers <i>drain &amp; roughly chop</i>
60g	80g	Pickled Onions <i>drain &amp; roughly slice</i>

## From Your Kitchen

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

**1. FINISH THE FLATBREAD** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbreads until golden, 1-2 minutes per side.

**2. ADD ALL THE GOODIES** Spread the cream cheese over the flat breads. Top with the salad leaves and the smoked trout ribbons. Scatter over the capers and the pickled onions. Simple as that, Chef!