



UCOOK

Baby Marrow Fritters & Smoked Trout

with fresh green leaves & whipped feta

A scrumptious pile of freshly baked baby marrow fritters, piled high with smoked trout and whipped feta. Sided with a fresh salad and sprinkled with Italian-style cheese and fresh chives! Is it too good to be true? No, it's true!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 No paired wines

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Ingredients & Prep

1	Garlic Clove
100g	Cabbage <i>½ finely sliced</i>
100g	Baby Marrow <i>trimmed & grated</i>
20ml	Grated Italian-style Hard Cheese
2,5ml	Baking Powder
40ml	Ground Almond
4g	Fresh Chives <i>rinsed & finely chopped</i>
45ml	Low Fat Plain Yoghurt
40g	Danish-style Feta <i>drained</i>
20g	Green Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>quartered</i>
40g	Smoked Trout Ribbons <i>roughly chopped</i>

From Your Kitchen

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

1. ROASTY GOODNESS Preheat the oven to 200°C. Place the whole, unpeeled garlic clove on a roasting tray and pop in the hot oven for 10-15 minutes until soft.

2. WILTED CABBAGE Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced cabbage for 2-4 minutes until slightly wilted. Season to taste.

3. FANTASTIC FRITTERS Place the grated baby marrow in a clean tea towel. Close up tightly and squeeze out as much liquid as possible from the baby marrow. Discard the liquid and place the drained baby marrow in a bowl. Add ½ the grated cheese, the baking powder, the ground almond, seasoning, ½ the chopped chives, the wilted cabbage, and 1 egg. Mix until fully combined. Add a splash of water if the mixture is not coming together.

4. BAKE THE FRITTERS Lightly grease a baking tray with a drizzle of oil. Scoop 2 tbsp of the fritter mixture onto the tray. Flatten slightly with the back of a spoon. Repeat with the remaining mixture, leaving a 1cm gap between each fritter. On completion, drizzle the fritters with oil. Pop in the hot oven and bake for 12-15 minutes, flipping halfway, until golden and cooked through.

5. WHIPPED FETA When the garlic is done, carefully squeeze out the flesh into a blender. Add the yoghurt and the drained feta. Pulse until smooth, adding a drizzle of oil if necessary. Season to taste. In a salad bowl, toss the rinsed green leaves, the quartered baby tomatoes, a drizzle of oil, and seasoning.

6. FRITTER FIESTA! Pile up the baked baby marrow fritters. Top with the chopped smoked trout ribbons and dollop with the whipped feta. Side with the fresh salad and sprinkle over the remaining chives and grated cheese. Stunning, Chef!



Chef's Tip

To extract the liquid from the grated baby marrow, a clean kitchen towel is the most effective thing to use. You want it to be as dry as possible so that it doesn't add any extra liquid to the fritter mixture!

Nutritional Information

Per 100g

Energy	411kJ
Energy	98Kcal
Protein	6.7g
Carbs	4g
of which sugars	1.7g
Fibre	1.6g
Fat	5.9g
of which saturated	2.3g
Sodium	265mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days