



UCCOOK

Rainbow Trout & Chilli Potatoes

with a zingy salad

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	319kJ	1740kJ
Energy	76kcal	416kcal
Protein	5.9g	32.3g
Carbs	9g	47g
of which sugars	1.7g	9.5g
Fibre	1g	5.6g
Fat	1.5g	8.2g
of which saturated	0.3g	1.8g
Sodium	54mg	294mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

750g	1kg	Baby Potatoes <i>rinse & cut in half</i>
15ml	20ml	Dried Chilli Flakes
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Radish <i>rinse & slice into half-moons</i>
45ml	60ml	Lemon Juice
3	4	Rainbow Trout Fillets
7.5ml	10ml	NOMU Seafood Rub

From Your Kitchen

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

1. BUTTERY, SPICY TATERS Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, and return to the heat with a generous knob of butter and the chilli flakes (to taste).

2. FRESH FACTOR To a salad bowl, combine the salad leaves, tomato, radish, lemon juice, a drizzle of olive oil, and seasoning.

3. ABOUT THE TROUT Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel, and spice with the NOMU rub on the flesh side. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

4. GORGEOUS GRUB Plate up the steaming trout, the chilli potatoes, and the zesty salad. Nice, Chef!