



UCOOK

Creamy Trout Spaghetti

with leeks, Italian-style hard cheese & fresh dill

A no hassle dinner! Wonderfully creamy trout spaghetti tossed with spinach and leeks. Served with a sprinkling of flavorful dill & salty italian-style hard cheese.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Ella Nasser

 Quick & Easy

 Leopard's Leap | Culinaria Brut MCC

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Ingredients & Prep

| | |
|-------|---|
| 200ml | Low Fat Fresh Milk |
| 500g | Spaghetti |
| 20ml | NOMU Italian Rub |
| 400g | Leeks <i>trimmed at the base & halved lengthways</i> |
| 200g | Spinach <i>rinsed & roughly shredded</i> |
| 160g | Smoked Trout Ribbons |
| 15g | Fresh Dill <i>rinsed, picked & roughly chopped</i> |
| 200ml | Fresh Cream |
| 100ml | Grated Italian-style Hard Cheese |

From Your Kitchen

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

1. THINGS ARE GETTING CREAMY... Place a pot over a medium heat. Add the milk, 600ml of water, the spaghetti, a pinch of salt, and the rub. Once simmering, cook for 10-15 minutes until the pasta is al dente, stirring occasionally.

2. SOMETHING'S LEAKING While the pasta is simmering, rinse the halved leeks thoroughly and roughly chop. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the chopped leeks and fry for 3-4 minutes until soft, shifting occasionally. Remove from the heat and add the rinsed spinach, the trout ribbons, and ½ the chopped dill. Set aside.

3. FINISH IT UP When the pasta is al dente, add the cream, a knob of butter (optional), ½ the Italian-style cheese, the fried leek and trout mixture, and seasoning. Mix until fully combined. Remove from the heat, cover to keep warm and set aside.

4. FLAVOURFUL BOWL Bowl up the creamy pasta and sprinkle over the remaining grated cheese and dill. Great work, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 823kj |
| Energy | 195kcal |
| Protein | 9.2g |
| Carbs | 24g |
| of which sugars | 2.8g |
| Fibre | 1.7g |
| Fat | 7g |
| of which saturated | 3.6g |
| Sodium | 399mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Fish

Cook
within 2
Days