



# UCOOK

## Smoked Trout & Potato Rosti

with dill crème fraîche & toasted sunflower seeds

A crispy potato rosti is topped with fresh tomato and salad leaves, pickled onions, dill crème fraîche and toasted sunflower seeds. Fancy breakfast for dinner? Count me in!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Easy Peasy

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 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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## Ingredients & Prep

45ml	Red Wine Vinegar
2	Onions <i>1½ peeled &amp; finely sliced</i>
600g	Potato <i>peeled (optional)</i>
15g	Sunflower Seeds
85ml	Crème Fraîche
8g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
60g	Salad Leaves <i>rinsed</i>
3	Plum Tomatoes <i>diced</i>
180g	Smoked Trout Ribbons

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tea Towel  
Sugar/Sweetener/Honey  
Paper Towel  
Grater

**1. IN A PICKLE** In a bowl, place the red wine vinegar, 45ml of water and 30ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Add in the sliced onion, toss to coat, and set aside to pickle.

**2. GRATERS GONNA GRATE** Grate the potato and place in a clean tea towel. Close up tightly and squeeze out as much liquid from the grated potato as possible. Discard the liquid. Place the drained potato in a bowl. Add a drizzle of oil and some seasoning. Toss until fully coated.

**3. TOASTY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

**4. SPUDTACULAR** Return the pan to a medium-high heat with a drizzle of oil. Once hot, add in ⅓ the grated potato and form into one round potato rosti, about 1cm thick. Fry for 3-5 minutes until golden brown. Get ready to flip! Cover the pan with a chopping board or a plate. Flip the pan quickly (and with confidence!), so the potato rosti flips onto the board or plate. Add another drizzle of oil to the pan and slide the rosti back into the pan, so the uncooked side is on the base of the pan. Fry for a further 3-5 minutes until golden brown. Remove from the heat and drain on some paper towel. Repeat this process until you have 3 rostis.

**5. ALMOST THERE** In a small bowl, mix the crème fraîche, ½ the chopped dill and some seasoning. In a separate bowl, add the salad leaves and chopped tomato. Add a drizzle of olive oil and some seasoning. Toss until fully combined. Drain the pickling liquid from the onion.

**6. SIMPLE, SATISFYING DINNER** Plate up a crispy, golden potato rosti. Top with the salad leaf and tomato salad. Sprinkle over the pickled onion and top with ribbons of smoked trout. Dollop over some dill crème fraîche and sprinkle with the toasted seeds and remaining dill. Gorgeous, Chef!



## Chef's Tip

If you would like some extra pizzazz, add a poached egg to top this decadent dinner!

## Nutritional Information

Per 100g

Energy	373kJ
Energy	89Kcal
Protein	4.6g
Carbs	9g
of which sugars	2g
Fibre	1.5g
Fat	3.7g
of which saturated	1.7g
Sodium	11.4mg

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 3  
Days