



UCOOK

Smoked Trout & Cream Cheese Focaccia

with capers, red onion & green leaves

Think trout and cream cheese bagel, but on a crispy focaccia base! Topped with capers, baby tomatoes, and thinly sliced red onion for zing, this is the perfect easy and delicious dish!

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Fan Faves

 Fat Bastard | Rosé

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Ingredients & Prep

1	Lemon <i>zested & cut into wedges</i>
250ml	Cream Cheese
4	Focaccia Bases
160g	Smoked Trout Ribbons <i>roughly chopped</i>
40g	Capers <i>drained & roughly chopped</i>
320g	Baby Tomatoes <i>cut into quarters</i>
1	Red Onion <i>peeled & thinly sliced</i>
80g	Green Leaves <i>rinsed</i>
15g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. LET'S GET PREPPY Preheat the oven to the grill setting or the highest temperature. In a bowl, combine the lemon zest (to taste), the cream cheese, and some seasoning.

2. FAB FOCACCIA Slide the focaccia bases onto a tray and par bake in the hot oven for 2-5 minutes until lightly golden. Carefully flip the bases over, and cook for another 3-5 minutes until the bases are crispy and golden on the other side.

3. ASSEMBLE THE DELICIOUSNESS! Carefully remove the bases from the oven. Spread over a layer of the lemon zest cream cheese. Top with the chopped smoked trout, and finish off with the chopped capers, the quartered baby tomatoes, and the red onions slices.

4. TIME TO DINE Serve your smoked trout and cream cheese focaccia. Sprinkle over the fresh green leaves, squeeze over some lemon juice, and drizzle over some olive oil. Finish off with a crack of black pepper and a sprinkle of the chopped chives. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	589kJ
Energy	141Kcal
Protein	6.1g
Carbs	16g
of which sugars	2.6g
Fibre	2.5g
Fat	5.2g
of which saturated	3.2g
Sodium	348mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 1
Day