



# UCOOK

## Cream Cheese Trout Toast

with dill

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	999kJ	1967kJ
Energy	239kcal	471kcal
Protein	11.3g	22.2g
Carbs	29g	58g
of which sugars	1.8g	3.5g
Fibre	1.3g	2.6g
Fat	7.9g	15.6g
of which saturated	4.3g	8.5g
Sodium	628mg	1237mg

**Allergens:** Cow's Milk, Gluten, Wheat, Fish

**Spice Level:** None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
40ml	80ml	Cream Cheese
1 pack	2 packs	Smoked Trout Ribbons <i>roughly slice</i>
3g	5g	Fresh Dill <i>rinse &amp; pick</i>

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **DILL-ICIOUS** Smear each slice with the cream cheese, and top with the trout. Garnish with the dill. Enjoy!