



UCOOK

Ten Out Of Ten Trout & Salad

with a creamy potato salad & fresh chives

Flaky trout fried in a flavourful Spice & All Things Nice Thai Red curry paste is sided with a fresh mint & tomato salad. Served alongside a dreamy creamy potato salad and topped with chives for a sharp kick!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

200g	Potato <i>rinsed & cut into bite-sized chunks</i>
50ml	Dressing <i>(25ml That Mayo (Original) & 25ml Low Fat Plain Yoghurt)</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>
1	Rainbow Trout Fillet
5ml	Spice & All Things Nice Thai Red Curry Paste
20g	Salad Leaves <i>rinsed</i>
4g	Fresh Mint <i>rinsed & roughly chopped</i>
1	Tomato <i>½ roughly diced</i>

From Your Kitchen

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

1. TATERS GONNA TATE Place the potato pieces in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 20-25 minutes until cooked through and soft. Remove from the heat on completion and drain. Return to the pot and add the dressing, ½ the chives, and seasoning. Toss until fully combined.

2. TROUT IN A CURRY When the potatoes have 10 minutes remaining, pat the trout dry with paper towel. Coat the flesh with the curry paste (to taste) and seasoning. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked to your preference. Remove from the pan on completion.

3. PEACEFUL HERB-ITAT In a salad bowl, combine the salad leaves, chopped mint, diced tomato, seasoning, and a drizzle of oil.

4. TROUT TIME! Pile up a generous helping of the potato salad and sprinkle over the remaining chives. Side with the curried trout fillet and the salad. Beautiful, Chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all. If you have any left over from the trout and want a spicier dinner, add it to your potato salad for an extra kick!

Nutritional Information

Per 100g

Energy	396kj
Energy	95kcal
Protein	6.3g
Carbs	10g
of which sugars	1.3g
Fibre	1.5g
Fat	3.1g
of which saturated	0.8g
Sodium	72mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Shellfish/Seafood

**Cook
within 2
Days**