

# UCOOK

## Brown Butter Trout & Fondant Potatoes

with mixed nuts & a sun-dried tomato salad

It's guaranteed! After tasting these fondant potatoes, you will be the dish's no.1 fan, Chef. Oven-baked potatoes soaked in beef stock are doused in an almond & cashew nut brown butter sauce, dotted with fresh parsley. This perfectly complements the crispy-skin rainbow trout fillet and sun-dried tomato & greens salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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Adventurous Foodie

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Muratie Wine Estate | Muratie Isabella  
Chardonnay

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### Ingredients & Prep

|       |  |
|-------|--|
| 2,5ml | Beef Stock   |
| 200g  | Baby Potatoes<br><i>rinse &amp; cut in half</i>                                      |
| 20g   | Mixed Nuts<br><i>(10g [20g])#7DA0D7 Almonds &amp; 10g [20g])#7DA0D7 Cashew Nuts)</i> |
| 1     | Lemon<br><i>rinse, zest &amp; cut ½ [1])#7DA0D7 into wedges</i>                      |
| 3g    | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                               |
| 20g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                     |
| 20g   | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>                                |
| 50g   | Cucumber<br><i>rinse &amp; cut into half-moons</i>                                   |
| 1     | Rainbow Trout Fillet   |
| 20ml  | Cake Flour   |

### From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. FONDANT POTATOES** Preheat the oven to 220°C. Boil the kettle. Dilute the stock with 100ml [200ml])#7DA0D7 of boiling water. Place an ovenproof pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the potato pieces, cut side down, until the base is golden, 5 minutes. Flip and pour in the diluted stock. Pop in the hot oven and bake until the potatoes are tender, 25-30 minutes (adding more water if necessary).

**2. BROWN BUTTER SAUCE** Roughly chop the mixed nuts. Place the pan over medium heat with 20g [40g])#7DA0D7 of butter. Once melted, fry until brown, 30-60 seconds (shifting constantly). Add the nuts and toast until golden brown, 2-4 minutes (shifting occasionally). Remove the pan from the heat and quickly mix in the juice from 2 [4])#7DA0D7 lemon wedges (to taste), the lemon zest (to taste), ½ the parsley, and seasoning. Cover and set aside.

**3. SUN-DRIED TOMATO SALAD** In a salad bowl, toss together the salad leaves, the sun-dried tomatoes, the cucumber, a squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**4. CRISPY FRIED FISH** Place a clean pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. Coat the trout in the flour, gently pressing to ensure it sticks. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

**5. SEAFOOD SENSATION** Plate up the delicious fondant potatoes and pour over the mixed nut sauce. Side with the crispy trout and the sun-dried tomato salad. Garnish it all with the remaining parsley.

### Nutritional Information

|                    |        |
|--------------------|--------|
| Per 100g           |        |
| Energy             | 386kj  |
| Energy             | 92kcal |
| Protein            | 5.7g   |
| Carbs              | 11g    |
| of which sugars    | 2.4g   |
| Fibre              | 1.9g   |
| Fat                | 3.1g   |
| of which saturated | 0.5g   |
| Sodium             | 33mg   |

### Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts

Eat  
Within  
2 Days