



UCCOOK

Trout Ribbon Chowder

with peppers, corn, & dill

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Rose-Mary Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	286kJ	2410kJ
Energy	68kcal	576kcal
Protein	2.9g	24.9g
Carbs	8g	71g
of which sugars	2.5g	20.8g
Fibre	1.6g	13.3g
Fat	1.8g	15.5g
of which saturated	0.9g	7.8g
Sodium	183mg	1546mg

Allergens: Sulphites, Fish, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice ½ [1]</i>
50g	100g	Corn
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Vegetable Stock
50ml	100ml	White Wine
250g	500g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
1 unit	2 units	Smoked Trout Ribbons
30ml	60ml	Crème Fraîche
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

1. BEGIN WITH THE BASE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion, corn, and pepper until caramelised, 8-10 minutes (shifting occasionally). In the final minute, add the garlic, stock, and wine, and fry until fragrant, 1-2 minutes. Season.

2. ADD THE REST Add the butternut and 400ml [800ml] of water, and simmer until the butternut has softened, 20-25 minutes. Remove from the heat and add the trout, the crème fraîche, ½ the dill, and seasoning.

3. BOWLED OVER Bowl up the trout chowder, garnish with the remaining dill, and enjoy!