

# UCOOK

## Tantalizing Trout & Latkes

**with charred cucumber & a tahini-coconut yoghurt sauce**

Keen to try something a little different? A tahini-coconut yoghurt sauce is drizzled over crispy & crunchy latkes and trout fillet. Sided with a charred cucumber & sweet piquanté pepper salad for freshness. Sounds totally delicious!

---

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

---

**Serves:** 3 People

---

**Chef:** Thea Richter

---

Adventurous Foodie

---

Doos Wine | Doos Pink 3L

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

600g	Potato <i>rinse</i>
2	Onions <i>peel &amp; finely dice 1½</i>
90ml	Self-raising Flour
150g	Cucumber <i>cut into 1-2cm thick strips</i>
3	Rainbow Trout Fillets
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
45g	Piquanté Peppers <i>drain</i>
30ml	Red Wine Vinegar
22,5ml	Tahini
90ml	Coconut Yoghurt
8g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel  
Tea Towel

**1. READY THE LATKES** Grate the rinsed potato and place in a clean tea towel. Close up tightly and squeeze the liquid out from the grated potato. Discard the liquid. Place the drained potato in a bowl. Mix together with the diced onion, the flour, 2 eggs, a drizzle of oil, and seasoning.

**2. CHARRED CUCUMBER** Place a pan over high heat with a drizzle of oil. When hot, add the cucumber strips and brown until charred, 2-3 minutes per side. Remove from the pan and set aside.

**3. TASTY TROUT** Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. 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.

**4. CRISPY LATKES** Return the pan to medium-high heat with enough oil to cover the base. Once hot, scoop 1 tbsp of the latke mixture into the hot oil. Flatten slightly and repeat with the remaining mixture, leaving a 1cm gap between each latke. You may need to do this step in batches. Fry until crispy and cooked through, 2-3 minutes per side. Keep a close eye on them so they don't burn! Remove from the pan and drain on paper towel.

**5. SALAD & SAUCE** In a bowl, combine the shredded salad leaves, the drained peppers, the charred cucumber, the vinegar, a drizzle of olive oil, and seasoning. In a separate small bowl, combine the tahini, the coconut yoghurt, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**6. LOOK AT THAT!** Plate up the charred cucumber salad. Side with the trout fillets and the latkes. Drizzle the tahini sauce over the trout & latkes and sprinkle over the chopped dill. Stunning, Chef!

## Nutritional Information

Per 100g

Energy	376kJ
Energy	90kcal
Protein	5.7g
Carbs	11g
of which sugars	2.4g
Fibre	1.4g
Fat	2.2g
of which saturated	0.6g
Sodium	20mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish

Eat  
Within  
2 Days