



UCCOOK

Baked Trout & Creamy Onions

with roasted butternut

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 387kJ | 2195kJ |
| Energy | 93kcal | 525kcal |
| Protein | 5.7g | 32.2g |
| Carbs | 8g | 43g |
| of which sugars | 2.3g | 13.3g |
| Fibre | 1.4g | 7.8g |
| Fat | 3.8g | 21.7g |
| of which saturated | 1.8g | 10.1g |
| Sodium | 63mg | 356mg |

Allergens: Cow's Milk, Allium, Fish

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 250g | 500g | Butternut <i>deseed, peel (optional) & cut into half-moons</i> |
| 1 | 2 | Rainbow Trout Fillet/s |
| 5ml | 10ml | NOMU Seafood Rub |
| 1 | 1 | Onion <i>peel & finely slice</i> |
| 40ml | 80ml | Fresh Cream |
| 3g | 5g | Fresh Parsley <i>rinse, pick & finely chop</i> |

From Your Kitchen

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

- 1. THE ROAST WONDERFUL MOMENT** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. NO DOUBT IN THIS TROUT** When the butternut has 10-15 minutes remaining, pat the trout dry with paper towel. Coat in the NOMU rub, oil, and seasoning. Place it on the tray with the butternut (or on a separate baking tray), skin-side down. Bake for the remaining time, until cooked through and tender.
- 3. CREAMY ONIONS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add a knob of butter and stir in the cream. Remove from the heat and season.
- 4. TROUT TIME!** Plate up the roasted butternut half-moons, side with the baked trout and top with the creamy onion. Sprinkle over the parsley. Simply stunning, Chef!