

# UCOOK

## Crispy Pesto Trout

**with roasted baby potatoes & a fresh salad**

This recipe combines the simplicity of roasting baby potatoes until crispy, with the flavourful twist of tangy trout drizzled in pesto. Sided with a fresh radish salad, this dish is a delightful balance of textures & tastes that will leave you satisfied in no time.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Morgan Otten

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 Quick & Easy

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 Simonsig | Kaapse Vonkel Brut Rosé

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## Ingredients & Prep

|      |   |
|------|---|
| 500g | Baby Potatoes<br><i>rinsed &amp; halved</i>   |
| 10ml | Spice & All Things Nice<br>Cape Bay Seasoning |
| 40g  | Green Leaves                                  |
| 40g  | Radish  |
| 30ml | Pesto Princess Basil Pesto                    |
| 2    | Rainbow Trout Fillets                         |
| 20ml | Lemon Juice                                   |

## From Your Kitchen

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

**1. ROAST AWAY** Preheat the oven to 220°C. Spread the halved baby potatoes on a roasting tray. Coat in oil, the Cape Bay spices, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. SOME PREP** Rinse the green leaves and the radish. Thinly slice the rinsed radish. In a small bowl, loosen the pesto with 10ml of oil and 10ml of warm water. Set aside.

**3. CRISPY TROUT** When the roast has 5-8 minutes remaining, pat the trout dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trout, skin-side down until crispy, 2-3 minutes. Flip and fry until cooked through, 30-60 seconds.

**4. ZINGY & FRESH** In a bowl, combine the sliced radish, the rinsed green leaves, seasoning, the lemon juice, and a drizzle of olive oil.

**5. THAT WAS QUICK!** Plate up the roasted baby potatoes. Side with the fresh salad and the trout drizzled with the loosened pesto. Good job, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 446kJ   |
| Energy             | 112kcal |
| Protein            | 7.5g    |
| Carbs              | 11g     |
| of which sugars    | 1.6g    |
| Fibre              | 1.7g    |
| Fat                | 3.8g    |
| of which saturated | 0.8g    |
| Sodium             | 156mg   |

## Allergens

Egg, Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook  
within 2  
Days