



# UCCOOK

## Baked Trout & Creamy Onions

with roasted butternut

**Hands-on Time:** 20 minutes

**Overall Time:** 40 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) &amp; cut into half-moons</i>
1	2	Rainbow Trout Fillet/s
5ml	10ml	NOMU Seafood Rub
1	1	Onion <i>peel &amp; finely slice</i>
40ml	80ml	Fresh Cream
3g	5g	Fresh Parsley <i>rinse, pick &amp; 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!