



UCOOK

Trout & Patatas Bravas

with garlic That Mayo & a fresh salad


If you like the simple flavours of crispy potato fries dipped in tomato sauce, you will love patatas bravas. This popular Spanish dish takes those well-known flavours to the next level by adding a flavoursome trout to the plate, a dash of mayo and a refreshing salad.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Ella Nasser

 Adventurous Foodie

 Simonsig | Kaapse Vonkel Brut Rosé

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

Ingredients & Prep

1kg	Baby Potatoes <i>cut in half</i>
2	Onions <i>peeled & finely diced</i>
4	Garlic Cloves <i>peeled & grated</i>
40ml	Smoked Paprika
400g	Cooked Chopped Tomato
15g	Fresh Chives <i>rinsed & finely chopped</i>
40ml	NOMU Mexican Spice Blend
4	Rainbow Trout Fillets
80g	Salad Leaves <i>rinsed</i>
2	Tomatoes <i>rinsed & roughly diced</i>
100ml	That Mayo (Garlic)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. A SMOKIN' SAUCE Place a pan over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 5-6 minutes (shifting occasionally). Add the grated garlic and the smoked paprika (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, 160ml of water, and a sweetener (to taste). Bring to a simmer and cook until slightly thickened, 8-10 minutes. Add an extra splash of water if it reduces too quickly. Season and stir through $\frac{3}{4}$ of the chopped chives. Cover.

3. SMASH, THEN SEASON When the potatoes are done, drain the water. Place the potatoes on a roasting tray and spread out in a single layer. Using a fork, gently press down to slightly smash them and create a few cracks. Coat in oil, the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 10-15 minutes (shifting halfway).

4. GOING ALL-OUT WITH TROUT Place the trout fillets, skin-side down, on a greased baking tray (or the tray with the potatoes) and place in the hot oven until cooked through, 10-15 minutes.

5. A SIDE OF SALAD In a bowl, combine the rinsed salad leaves, the diced tomato, a drizzle of oil, and seasoning. In a separate bowl, loosen the mayo with water in 5ml increments until slightly loosened.

6. BUEN PROVECHO! Plate up the trout fillets. Side with the crispy potatoes smothered in the tomato sauce. Drizzle over the loosened mayo. Serve with the tomato salad and garnish with the remaining chives. What a feast, Chef!

Nutritional Information

Per 100g

Energy	389kJ
Energy	93kcal
Protein	5.6g
Carbs	11g
of which sugars	2.6g
Fibre	1.7g
Fat	2.7g
of which saturated	0.7g
Sodium	151mg

Allergens

Egg, Allium, Sulphites, Fish

Cook
within 2
Days