



# UCOOK

## Creamy Feta & Sun-dried Tomato Trout

with butternut half-moons & fresh basil

This recipe really does justice to trout. A crispy-skinned fillet is smothered with a salty, creamy, and dreamy sun-dried tomato sauce. Sided with roasted butternut half-moons and red onion wedges, then finished with the peppery fragrance of fresh basil.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Carb Conscious

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 Leopard's Leap | Chardonnay Pinot Noir

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## Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) &amp; cut into half-moons</i>
2	Red Onions <i>peeled &amp; 1½ cut into wedges &amp; ½ roughly diced</i>
2	Garlic Cloves
160g	Danish-style Feta
80g	Sun-dried Tomatoes
15g	Fresh Basil
500g	Rainbow Trout Fillets
20ml	Dried Chilli Flakes
400ml	Lite Coconut Milk

## From Your Kitchen

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

**1. A ROAST TO BOAST ABOUT** Preheat the oven to 200°C. Spread out the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and golden, flipping halfway.

**2. MAKE THE MISE EN PLACE** Peel and grate the garlic. Drain the feta and the sun-dried tomatoes. Roughly chop the sun-dried tomatoes and crumble the feta. Rinse and pick the basil.

**3. A SHOUT-OUT TO TROUT** When the roast has 10 minutes remaining, pat the trout dry with paper towel and season. Place a large pan over medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan and cover to keep warm.

**4. IT'S ALL IN THE SAUCE** Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and ½ the chilli flakes (to taste). Fry for 1 minute until fragrant, shifting constantly. Add the coconut milk, the chopped sun-dried tomatoes, the crumbled feta, and 120ml of water. Simmer for 5-7 minutes until smooth and creamy. Season with salt (be careful, the feta is salty!), pepper, and a sweetener of choice (to taste).

**5. PLATE UP, CHEF!** Plate up the butternut half-moons and the onion wedges. Side with the trout doused in the creamy feta sauce. Sprinkle over the picked basil and the remaining chilli flakes (to taste). Delish, Chef!

## Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	6.2g
Carbs	7g
of which sugars	2.4g
Fibre	1.2g
Fat	5.7g
of which saturated	3.4g
Sodium	85mg

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 2  
Days