

UCCOOK

Trout & Creamy Horseradish

with soft baby potatoes & pickled onions

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 412kJ | 1889kJ |
| Energy | 98kcal | 452kcal |
| Protein | 6.9g | 31.7g |
| Carbs | 9g | 40g |
| of which sugars | 2g | 8g |
| Fibre | 1g | 4g |
| Fat | 3.5g | 16.1g |
| of which saturated | 1.4g | 6.6g |
| Sodium | 96mg | 442mg |

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Baby Potato <i>rinse</i> |
| 30ml | 60ml | Creamy Horseradish <i>(10ml [20ml] Horseradish Sauce & 20ml [40ml] Crème Fraiche)</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 50g | 100g | Cucumber <i>rinse & cut into rounds</i> |
| 20g | 40g | Pickled Onions <i>drain & roughly slice</i> |
| 10ml | 20ml | Lemon Juice |
| 1 | 2 | Rainbow Trout Fillet/s |
| 3g | 5g | Fresh Dill <i>rinse & roughly chop</i> |

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

1. CRISS CROSS POTATOES Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato. Place the potatoes, cut-side up, on a roasting tray. Lightly coat in cooking spray and season. Roast until cooked through and crisping up, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SOME PREP Loosen the creamy horseradish with water in 5ml increments until drizzling consistency.

3. FRESH SALAD In a salad bowl, combine the leaves, the cucumber, the onions, the lemon juice (to taste), and season.

4. TASTY TROUT Place a pan over medium-high heat. Pat the trout dry with paper towel and lightly coat in cooking spray. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

5. TIME TO EAT Plate up the potatoes, side with the trout, the lemony fresh salad, and drizzle the creamy horseradish over the potatoes and the trout. Sprinkle over the dill. Easy, Chef!