

UCOOK

Cream Cheese & Smoked Trout Flatbread

with capers & green leaves

All you need is one pan and an appetite for this recipe, Chef! A toasted naan is covered in cream cheese, then layered with fresh greens, smoky trout ribbons, briny pops of capers, pickled peppers & pickled onions.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Domaine Des Dieux | Petit Rosé 2022

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Ingredients & Prep

1	Naan bread
50ml	Cream Cheese
20ml	Green Leaves <i>rinse</i>
1 unit	Smoked Trout Ribbons <i>roughly slice</i>
15g	Capers <i>drain & roughly chop</i>
20g	Pickled Onions <i>drain & roughly slice</i>
20g	Pickled Bell Peppers <i>drain & roughly chop</i>

From Your Kitchen

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

1. NOW FOR THE NAAN Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbread until golden, 1-2 minutes per side.

2. ADD ALL THE GOODIES Spread the toasted flatbread with the cream cheese. Top with the rinsed green leaves and the smoked trout ribbons. Scatter over the chopped capers, the sliced pickled onions, and the chopped peppers.

Nutritional Information

Per 100g

Energy	810kJ
Energy	194kcal
Protein	8.6g
Carbs	22g
of which sugars	4.1g
Fibre	1.5g
Fat	8g
of which saturated	4.4g
Sodium	752.9mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish,
Cow's Milk

Eat
Within
2 Days