

UCOOK

Rainbow Trout & Horseradish Crème Fraîche

with soft baby potatoes & pickled onion

A dill-icious yet calorie-conscious meal of pan-fried trout with fluffy baby potatoes, drizzled with a creamy horseradish sauce. Sided with a refreshing side of salad with greens, cucumber, & pickled onions. Garnished with fresh dill.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha du Toit

*New Calorie Conscious

Creation Wines | Creation Rosé

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Ingredients & Prep

400g	Baby Potato <i>rinse</i>
60ml	Creamy Horseradish <i>(20ml Horseradish Sauce & 40ml Crème Fraîche)</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into rounds</i>
40g	Pickled Onion <i>roughly slice</i>
2	Rainbow Trout Fillets
20ml	Lemon Juice
5g	Fresh Dill <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
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. Coat in oil and season. Roast until cooked through and crisping up, 30-35 minutes.

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

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

4. TROUT Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. 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 chopped dill. Easy, Chef!



Chef's Tip

Air fryer method: Coat the crossed baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	412kJ
Energy	98kcal
Protein	6.9g
Carbs	9g
of which sugars	2g
Fibre	1g
Fat	3.5g
of which saturated	1.4g
Sodium	96.4mg

Allergens

Cow's Milk, Allium, Sulphites, Fish

Eat
Within
2 Days