



UCOOK

Smoked Trout & Crème Fraîche Pasta

with leeks & fresh dill

Ready in 3 simple steps. Tender penne pasta is tossed with smoked trout ribbons, lemon zest, leeks, capers, crème fraîche, and spinach. Sprinkled with fresh dill and sided with fresh lemon, this fabulous dinner will be ready in no time!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Thea Richter

 Fan Faves

 Boschendal | Chardonnay Pinot Noir

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

Ingredients & Prep

250g	Penne Pasta
200g	Leeks <i>trimmed at the base & halved lengthways</i>
30g	Capers <i>drained</i>
1	Lemon <i>zested & cut into wedges</i>
200g	Spinach <i>rinsed & roughly shredded</i>
100ml	Crème Fraîche
80g	Smoked Trout Ribbons <i>roughly chopped</i>
8g	Fresh Dill <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BOILING AWAY Boil the kettle. Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. TROUT PASTA Rinse the halved leeks thoroughly and finely slice. Place a pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the sliced leeks, the drained capers, and the lemon zest and fry for 2-3 minutes until the leeks are soft, shifting occasionally. Add the shredded spinach and fry for 2-3 minutes until wilted, shifting occasionally. Add the crème fraîche, the chopped trout, and a squeeze of lemon juice. Mix until fully combined and loosen with the reserved pasta water, if necessary. Add the cooked pasta and toss until fully coated.

3. SO SIMPLE! Bowl up the loaded trout pasta. Sprinkle over the chopped dill and serve with a lemon wedge. Dive in, Chef!

Nutritional Information

Per 100g

Energy	753kJ
Energy	180Kcal
Protein	7g
Carbs	25g
of which sugars	2.6g
Fibre	2.2g
Fat	5.6g
of which saturated	3.1g
Sodium	416mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 2
Days