



UCOOK

Trout Ribbon Pizza Bianca

with basil pesto & zesty crème fraîche

A super easy and delicious trout pizza! Topped with luscious crème fraîche dotted with lemon zest, zingy pickled red onion, salty capers, and bright green leaves. To finish, a drizzle of Pesto Princess Basil Pesto and a final crack of black pepper elevates this rich pizza to the next level. What are you waiting for? Dig in!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Leopard's Leap | Chardonnay Pinot Noir

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Ingredients & Prep

3	Pizza Bases
1	Red Onion
30ml	White Wine Vinegar
60g	Green Leaves <i>rinsed</i>
2	Lemons <i>1½ zested & cut into wedges</i>
45ml	Pesto Princess Basil Pesto
125ml	Crème Fraîche
120g	Smoked Trout Ribbons <i>cut into bite-sized pieces</i>
30g	Capers <i>drained</i>

From Your Kitchen

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

1. ALL ABOUT THAT BASE Preheat the oven to 220°C. Remove the pizza bases from the freezer. Carefully slide the bases directly onto the oven rack and bake for 7-10 minutes, or until the bases are crispy.

2. PREP STEP While the pizza is baking, peel and finely slice the onion. In a bowl, combine $\frac{3}{4}$ of the sliced onion setting aside the remaining $\frac{1}{4}$ for another meal, the vinegar, a sweetener of choice, and some seasoning. Set aside to pickle. In a bowl, combine the rinsed green leaves, a drizzle of oil, and the juice of 3 lemon wedges.

3. MORE PREP... In a small bowl, loosen the pesto with water in 5ml increments until drizzling consistency. In a separate bowl, combine the crème fraîche and the lemon zest (to taste). Loosen with water in 5ml increments until slightly loosened. Drain the pickling liquid from the onion.

4. YOU WANNA PIZZA ME? Plate up your crispy pizza bases. Smear on the loosened crème fraîche. Top with the green leaves, the drained pickled onion, the trout ribbon pieces, and the drained capers. Drizzle over the loosened pesto. Finish with a final grind of black pepper, a pinch of salt, and a squeeze of lemon juice. Buon appetito, Chef!

5. INCASE YOU MISSED IT... UCOOK has a range of frozen Craft Pizzas! If you liked your meal kit pizza, why not try our Sun-dried Tomato, Spinach & Feta Pizza?

Nutritional Information

Per 100g

Energy	773kJ
Energy	185kcal
Protein	6.4g
Carbs	21g
of which sugars	3g
Fibre	2.1g
Fat	7.7g
of which saturated	3.5g
Sodium	404mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish, Tree Nuts

Cook
within 2
Days