



UCCOOK

Rainbow Trout & Salsa Verde

with roasted baby potatoes

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	414kj	1911kj
Energy	99kcal	457kcal
Protein	6.9g	31.7g
Carbs	9g	40g
of which sugars	1g	6g
Fibre	1g	5g
Fat	3.7g	17.2g
of which saturated	0.5g	2.4g
Sodium	96mg	441mg

Allergens: Sulphites, Fish, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
6g	10g	Herb Mix
6g	10g	Mixed Herbs
10g	20g	Capers
1	1	Garlic Clove
5ml	10ml	Dijon Mustard
25ml	50ml	Chilli Dressing <i>(10ml [20ml] Lemon Juice, 5ml [10ml] Vinegar & 10ml [20ml] Chilli Oil)</i>
1	2	Rainbow Trout Fillet/s
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	White Wine Vinegar

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

Blender (optional)

1. ROAST Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SOME PREP Rinse, pick, and finely chop the mixed herbs and herb mix. Drain the capers and finely chop. Peel and grate the garlic (no need to prep the ingredients if you're going to do the alternative option in step 3).

3. SALSA VERDE In a bowl, combine the mixed herbs, herb mix, capers, garlic (to taste), mustard, chilli dressing, a splash of water, and seasoning. Alternatively, add all the ingredients to a blender (no need to prep the ingredients) and pulse until smooth. Set aside in the fridge.

4. TROUT Place a pan over medium-high heat. Pat the trout dry with paper towel and lightly coat in cooking spray or oil (optional). 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. SIMPLE SALAD In a salad bowl, combine the cucumber, salad leaves, vinegar, and seasoning.

6. TIME TO DINE Dish up the roast, side with fish, and add the salsa verde over the fish (to taste). Serve alongside the simple salad and enjoy, Chef!