



UCCOOK

Haute Cabrière Smoked Trout Linguine

with crispy capers & toasted walnuts

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Haute Cabrière

Wine Pairing: Haute Cabrière | Tranquille Classique

Nutritional Info	Per 100g	Per Portion
Energy	522kJ	3238kJ
Energy	125kcal	775kcal
Protein	5.2g	32g
Carbs	16g	97g
of which sugars	2.7g	16.6g
Fibre	2.1g	13.3g
Fat	4.7g	29.3g
of which saturated	2g	12.4g
Sodium	280mg	1740mg

Allergens: Sulphites, Fish, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Linguine Pasta
10g	20g	Walnuts <i>roughly chop</i>
30g	60g	Capers <i>drain</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Crème Fraîche
1 unit	2 unit	Smoked Trout Ribbons <i>roughly slice</i>
20g	40g	Spinach <i>rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	1	Lemon <i>rinse, zest & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY CAPERS Pat the capers very dry with paper towel (this prevents splattering and helps them crisp up). Return the pan to high heat with a drizzle of oil and a knob of butter. Fry the capers until golden and opening slightly, 2-4 minutes (shifting occasionally). Remove from the pan with all the melted butter.

4. CREAMY MOMENT Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. Fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic and fry until fragrant, 30-60 seconds. Mix in the crème fraîche, the pasta, ½ the trout, baby spinach, ½ the parsley, and seasoning. Loosen with the reserved pasta water in 50ml increments until silky, and the spinach is wilted, 1-2 minutes. Remove from the heat.

5. TIME TO EAT Bowl up the trout linguine, scatter over the crispy capers with a drizzle of the butter, and the remaining trout. Sprinkle over the nuts, the zest (to taste), and finish with a squeeze of lemon juice. Cheers, Chef!