



# UCCOOK

## Smoked Trout & Cream Cheese Flatbread

with capers & salad leaves

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | Zeven Rosé

### Nutritional Info

	Per 100g	Per Portion
Energy	816kJ	2081kJ
Energy	195kcal	498kcal
Protein	8.7g	22.1g
Carbs	22g	56g
of which sugars	3.8g	9.7g
Fibre	1.5g	3.8g
Fat	8.1g	20.7g
of which saturated	4.5g	11.6g
Sodium	761mg	1942mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	2	Naan Bread/s
50ml	100ml	Cream Cheese
20g	40g	Salad Leaves <i>rinse</i>
1 unit	2 units	Smoked Trout Ribbons <i>roughly slice</i>
15g	30g	Capers <i>drain &amp; roughly chop</i>
20g	40g	Pickled Onions <i>drain &amp; roughly slice</i>
15g	30g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter

**1. NOW FOR THE NAAN** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbread/s until golden, 1-2 minutes per side.

**2. ADD ALL THE GOODIES** Spread the toasted flatbread/s with the cream cheese. Top with the salad leaves and the smoked trout ribbons. Scatter over the capers, the pickled onions, and the peppers.