



UCOOK

Creamy Feta & Sun-dried Tomato Trout

with butternut half-moons & fresh basil


This recipe really does justice to trout. A crispy-skinned fillet is smothered with a salty, creamy, and dreamy sun-dried tomato sauce. Sided with roasted butternut half-moons and red onion wedges, then finished with the peppery fragrance of fresh basil.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Leopard's Leap | Chardonnay Pinot Noir

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
1	Red Onion <i>peeled & ¾ cut into wedges & ¼ roughly diced</i>
1	Garlic Clove
40g	Danish-style Feta
20g	Sun-dried Tomatoes
4g	Fresh Basil
125g	Rainbow Trout Fillet
5ml	Dried Chilli Flakes
100ml	Lite Coconut Milk

From Your Kitchen

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

1. A ROAST TO BOAST ABOUT Preheat the oven to 200°C. Spread out the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping halfway.

2. MAKE THE MISE EN PLACE Peel and grate the garlic. Drain the feta and the sun-dried tomatoes. Roughly chop the sun-dried tomatoes and crumble the feta. Rinse and pick the basil.

3. A SHOUT-OUT TO TROUT When the roast has 10 minutes remaining, pat the trout dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan and cover to keep warm.

4. IT'S ALL IN THE SAUCE Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and ½ the chilli flakes (to taste). Fry for 1 minute until fragrant, shifting constantly. Add the coconut milk, the chopped sun-dried tomatoes, the crumbled feta, and 30ml of water. Simmer for 3-4 minutes until smooth and creamy. Season with salt (be careful, the feta is salty!), pepper, and a sweetener of choice (to taste).

5. PLATE UP, CHEF! Plate up the butternut half-moons and the onion wedges. Side with the trout doused in the creamy feta sauce. Sprinkle over the picked basil and the remaining chilli flakes (to taste). Delish, Chef!

Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	6.2g
Carbs	7g
of which sugars	2.4g
Fibre	1.2g
Fat	5.7g
of which saturated	3.4g
Sodium	85mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 2
Days