



UCOOK

Baby Marrow Fritters & Smoked Trout

with fresh green leaves & whipped feta

A scrumptious pile of freshly baked baby marrow fritters, piled high with smoked trout ribbons and velvety whipped feta. Sided with a fresh green salad and sprinkled with Italian-style cheese and chopped chives. Is it too good to be true? Find out for yourself!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford Rose-Mary 2022

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Ingredients & Prep

2	Garlic Cloves
20g	Almonds
200g	Leeks <i>trimmed & halved lengthways</i>
200g	Baby Marrow <i>rinsed, trimmed & grated</i>
40ml	Grated Italian-style Hard Cheese
80ml	Self-raising Flour
8g	Fresh Chives <i>rinsed & finely chopped</i>
80ml	Low Fat Plain Yoghurt
90g	Danish-style Feta <i>drained</i>
40g	Green Leaves <i>rinsed</i>
160g	Baby Tomato Medley <i>quartered</i>
80g	Smoked Trout Ribbons <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Egg/s
Tea Towel

1. ROASTY GOODNESS Preheat the oven to 200°C. Place the whole, unpeeled garlic cloves on a roasting tray and pop in the hot oven for 10-15 minutes until soft.

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside to cool.

3. SAUTÉED LEEKS Rinse the halved leeks thoroughly and finely slice. Return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the sliced leeks for 2-3 minutes until soft, shifting occasionally. Remove from the pan.

4. FANTASTIC FRITTERS Place the grated baby marrow in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Discard the liquid and place the drained baby marrow in a bowl. Add ½ the grated cheese, the flour, seasoning, ½ the chopped chives, the wilted leeks, and 1 egg. Mix until combined. Add a splash of water if the mixture is not coming together.

5. MAKE IT & BAKE IT Lightly grease a baking tray with a drizzle of oil. Scoop 2 tbsp of the fritter mixture onto the tray. Flatten slightly with the back of a spoon. Repeat with the remaining mixture, leaving a 1cm gap between each fritter. Drizzle the fritters with oil. Pop in the hot oven and bake for 12-15 minutes, flipping halfway, until golden and cooked through.

6. WHIP IT UP When the garlic is done, carefully squeeze out the flesh into a blender. Add the yoghurt and the drained feta. Pulse until smooth, adding a drizzle of oil if necessary. Season to taste. In a salad bowl, toss the rinsed green leaves, the quartered baby tomatoes, a drizzle of oil, and seasoning.

7. FRITTER FIESTA! Pile up the baked baby marrow fritters. Top with the chopped smoked trout ribbons and dollop with the whipped feta. Side with the fresh salad and sprinkle over the remaining chives, the toasted almonds, and the remaining grated cheese. Stunning, Chef!



Chef's Tip

To extract the liquid from the grated baby marrow, a clean kitchen towel is the most effective thing to use. You want it to be as dry as possible so that it doesn't add any extra liquid to the fritter mixture!

Nutritional Information

Per 100g

Energy	462kj
Energy	111kcal
Protein	6.8g
Carbs	9g
of which sugars	1.8g
Fibre	1.4g
Fat	5.3g
of which saturated	2.2g
Sodium	256mg

Allergens

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

Cook
within 2
Days