



UCCOOK

Ribboned Smoked Trout Pasta

with fresh dill & toasted walnuts

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	914kJ	4004kJ
Energy	219kcal	958kcal
Protein	7.4g	32.5g
Carbs	24g	104g
of which sugars	3.4g	14.8g
Fibre	2.6g	11.5g
Fat	10.2g	44.5g
of which saturated	5.1g	22.4g
Sodium	164mg	718mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Fusilli Pasta
75g	75g	Diced Onions
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Peas
100ml	200ml	Fresh Cream
3g	5g	Fresh Dill <i>rinse & pick</i>
10ml	20ml	Lemon Juice
1 pack	2 packs	Smoked Trout Ribbons <i>roughly chop</i>
10g	20g	Walnuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Blender

1. PASTA TIME Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain (reserving a cup of pasta water), return to the pot, and toss through a drizzle of olive oil.

2. SAUCE BASE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, about 1 minute (shifting constantly). Stir in $\frac{3}{4}$ of the peas and all of the cream until heated through, 1-2 minutes.

3. BLEND IT To a blender, add the dill, the lemon juice (to taste), and the creamy pea and onion mixture. Blend until smooth. Add the reserved pasta water in 10ml increments until the desired consistency. Season and toss through the pasta. Return the pot of pea pasta to medium heat. Stir through the remaining peas and $\frac{1}{2}$ the trout ribbons until heated through, 2-3 minutes.

4. THE MOMENT HAS ARRIVED! Plate up the creamy trout and pea pasta. Top with the remaining smoked trout, and scatter over the walnuts. Finish off with a crack of black pepper. Excellent, Chef!

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