

UCOOK

Crispy Pesto Trout

with roasted baby potatoes & a fresh salad

This recipe combines the simplicity of roasting baby potatoes until crispy, with the flavourful twist of tangy trout drizzled in pesto. Sided with a fresh radish salad, this dish is a delightful balance of textures & tastes that will leave you satisfied in no time.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

 Quick & Easy

 Simonsig | Kaapse Vonkel Brut Rosé

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
5ml	Spice & All Things Nice Cape Bay Seasoning
20g	Green Leaves
20g	Radish
15ml	Pesto Princess Basil Pesto
1	Rainbow Trout Fillet
10ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROAST AWAY Preheat the oven to 220°C. Spread the halved baby potatoes on a roasting tray. Coat in oil, the Cape Bay spices, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SOME PREP Rinse the green leaves and the radish. Thinly slice the rinsed radish. In a small bowl, loosen the pesto with 5ml of oil and 5ml of warm water. Set aside.

3. CRISPY TROUT When the roast has 5-8 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 until crispy, 2-3 minutes. Flip and fry until cooked through, 30-60 seconds.

4. ZINGY & FRESH In a bowl, combine the sliced radish, the rinsed green leaves, seasoning, the lemon juice, and a drizzle of olive oil.

5. THAT WAS QUICK! Plate up the roasted baby potatoes. Side with the fresh salad and the trout drizzled with the loosened pesto. Good job, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

Nutritional Information

Per 100g

Energy	446kJ
Energy	112kcal
Protein	7.5g
Carbs	11g
of which sugars	1.6g
Fibre	1.7g
Fat	3.8g
of which saturated	0.8g
Sodium	156mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days