

# UCCOOK

## Trout & Creamy Horseradish

with soft baby potatoes & pickled onion

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Samantha du Toit

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 412kJ    | 1889kJ      |
| Energy             | 98kcal   | 452kcal     |
| Protein            | 6.9g     | 31.7g       |
| Carbs              | 9g       | 40g         |
| of which sugars    | 2g       | 8g          |
| Fibre              | 1g       | 4g          |
| Fat                | 3.5g     | 16.1g       |
| of which saturated | 1.4g     | 6.6g        |
| Sodium             | 96.4mg   | 442.3mg     |

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

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                      |
|----------|------------|------------------------------------------------------------------------------------------------------|
| 600g     | 800g       | Baby Potato<br><i>rinse</i>                                                                          |
| 90ml     | 120ml      | Creamy Horseradish<br><i>(30ml [40ml] Horseradish<br/>Sauce &amp; 60ml [80ml] Crème<br/>Fraîche)</i> |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                     |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into rounds</i>                                                       |
| 60g      | 80g        | Pickled Onion<br><i>roughly slice</i>                                                                |
| 30ml     | 40ml       | Lemon Juice                                                                                          |
| 3        | 4          | Rainbow Trout Fillets                                                                                |
| 8g       | 10g        | Fresh Dill<br><i>rinse &amp; roughly chop</i>                                                        |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. CRISS CROSS POTATOES** Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato. Place the potatoes, cut side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 30-35 minutes. Alternatively, air fry the potatoes at 200°C for 20-25 minutes (shifting halfway).

**2. SOME PREP** Loosen the creamy horseradish with water in 5ml increments until drizzling consistency.

**3. FRESH SALAD** In a salad bowl, combine the salad leaves, the cucumber, the onions, the lemon juice (to taste), and season.

**4. TROUT** Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

**5. TIME TO EAT** Plate up the potatoes, side with the trout, and the lemony fresh salad, and drizzle the creamy horseradish over the potatoes and the trout. Sprinkle over the chopped dill. Easy, Chef!