



U C O O K

— COOKING MADE EASY

Farro's Elegant Trout

with crispy new potatoes & a caramelised tomato and fresh basil sauce

Enjoy premium dining with this fresh-flavoured, Mediterranean-inspired meal by Joburg restaurant, Farro. A silken sauce of basil and roast tomato, onion, and garlic pools around wilted spinach and golden baby potatoes. Topped with a glorious rainbow trout fillet and served with a tossed side salad.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Windebank

 **Easy Peasy**

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Ingredients & Prep

1	Onion <i>one half peeled & roughly chopped</i>
2	Jam Tomatoes <i>rinsed & roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
250g	Baby Potatoes <i>rinsed & halved</i>
10g	Sunflower Seeds
20g	Salad Leaves <i>rinsed</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>
1	Lemon <i>one half cut into wedges</i>
5g	Fresh Basil <i>rinsed</i>
50g	Spinach <i>rinsed & roughly shredded</i>
1	Trout Fillet

From Your Kitchen

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

1. START YOUR ROAST Preheat the oven to 200°C. Place the chopped onion, chopped tomato, and grated garlic on a roasting tray. Mix through some oil, season to taste, and spread out evenly. Spread out the halved baby potatoes on a separate roasting tray. Coat in oil and season to taste. Pop both trays in the oven and roast for 20-25 minutes. On completion, the onion and tomato should be soft and the potatoes should be cooked through and golden.

2. SUNNY SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion, place in a salad bowl, and set aside to cool.

3. ASSEMBLE THE SALAD Once the seeds have cooled, add the rinsed salad leaves and chopped chives to the bowl. Add a drizzle of oil, a squeeze of lemon juice, and some seasoning. Toss to coat and set aside for serving.

4. ONCE THE ROAST IS READY... Remove from the oven. Press down on the cooked potatoes with a fork, smashing them slightly. If you'd like, drizzle over a little more oil to help crisp up the edges. Return to the oven for 8-10 minutes until crispy. Transfer the cooked onion and tomato to a blender. Add in a knob of butter (optional) and three-quarters of the rinsed basil, including the stalks. Blend until smooth and taste to test. Stir in a sweetener of choice to taste and add more seasoning if necessary. Cover to keep warm and set aside until serving.

5. SPINACH & TROUT Return the pan to a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach for 2-3 minutes until wilted. Season to taste and remove from the pan on completion. Return the pan to the heat and add another drizzle of oil if necessary. Pat the trout dry with some paper towel and season. When the oil is 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 to your preference. On completion, remove the pan from the heat.

6. A DELISH FISH DISH! Pour the tomato sauce over the base of a plate and pile on the crispy potatoes and wilted spinach. Pop the trout fillet on top and gently tear over the remaining fresh basil leaves. Serve with the salad and a lemon wedge on the side. Time to dine in style with Farro!

Nutritional Information

Per 100g

Energy	278kj
Energy	66Kcal
Protein	4.7g
Carbs	8g
of which sugars	1.8g
Fibre	1.6g
Fat	1.6g
of which saturated	0.3g
Sodium	60mg

Allergens

Allium, Fish

Cook
within 2
Days