



# UCCOOK

## Smoked Trout Open Sandwich

with cream cheese & capers

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

### Nutritional Info

	Per 100g	Per Portion
Energy	853kJ	2021kJ
Energy	204kcal	483kcal
Protein	10g	23.7g
Carbs	28g	67g
of which sugars	2g	4.8g
Fibre	1.3g	3.1g
Fat	6.1g	14.5g
of which saturated	3.6g	8.6g
Sodium	823mg	1950mg

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

Eat Within 2 Days

## Ingredients & Prep Actions:

---

Serves 1 [\[Serves 2\]](#)

2 slices	4 slices	Sourdough Bread
40ml	80ml	Cream Cheese
10g	20g	Green Leaves <i>rinse &amp; roughly shred</i>
1 pack	2 packs	Smoked Trout Ribbons
20g	40g	Pickled Onions <i>drain &amp; roughly slice</i>
10g	20g	Capers <i>drain &amp; roughly chop</i>
3g	5g	Fresh Dill <i>rinse &amp; finely chop</i>

## From Your Kitchen

---

Seasoning (salt & pepper)

Water

**1. START WITH SOURDOUGH** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

**2. YUM X YUM** Smear the bread slices with the cream cheese. Top with the green leaves and the trout ribbons. Scatter over the pickled onions and the capers. Garnish with the dill. Great work, Chef!