

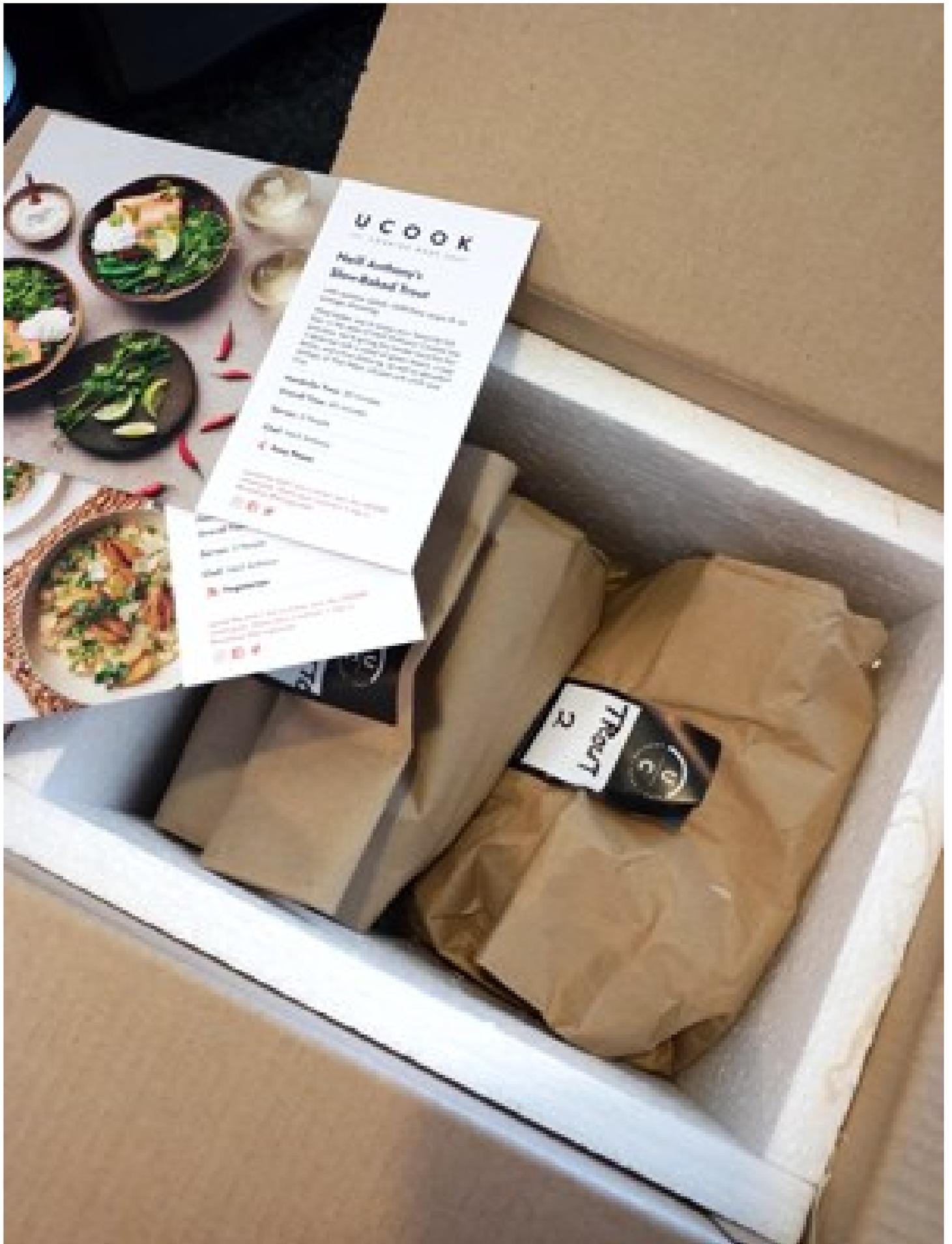
# Celebrate a stay-at-home Valentine's Day with the UCook chef experience meal kit

 By [Ruth Cooper](#)

3 Feb 2021

Planning to celebrate Valentine's Day at home this year? Then why not impress your partner with a romantic restaurant-worthy dinner for two?

UCook is currently offering Valentine's meal kits by one of South Africa's favourite celebrity chefs, Neill Anthony.



# UCOOK

## Hail Anthony's Slow-Baked Trout

This recipe is a classic, slow-baked trout with a simple, flavorful sauce. It's perfect for a quick and easy dinner or a light lunch. The trout is baked in a parchment-lined pan with olive oil, salt, and pepper. The sauce is made with a mix of fresh herbs, lemon juice, and a touch of honey. The result is a tender, moist trout with a bright, citrusy sauce.

- Ingredients:
- Trout
- Olive Oil
- Salt
- Pepper
- Lemon Juice
- Honey
- Garlic
- Onion
- Herbs

Instructions:

- Preheat the oven to 350°F (175°C).
- Place the trout in a parchment-lined pan.
- Drizzle with olive oil and season with salt and pepper.
- Bake for 15-20 minutes.
- While the trout is baking, prepare the sauce by combining lemon juice, honey, garlic, onion, and herbs.
- Drizzle the sauce over the trout.

Trout  
2



The meal kits contain the exact amount of ingredients for two and are clearly labelled and accompanied with an easy step-by-step recipe guide. So no food wastage and hunting around for obscure ingredients!



## UCook delivers crafted convenience

Lauren Hartzenberg 10 Dec 2020



Currently on offer is Chef Neill's new low and slow-roasted trout, flavoured with chilli and lime as well as 10 other summer dishes, such as veggie option, the famous pea and braised baby onion risotto.

From the 10 February two more new dishes will be added from Neill Anthony; yellowtail flatbreads with white and red cabbage and vegan option, the tom yum bliss bowl with veggies, pearled barley and coconut milk.



I was treated to a preview of the Valentine's meal kit and sampled the signature low and slow-roasted trout. It was packed full of flavour, fresh and zingy and super healthy as it is paired with red quinoa, crisped lentils and crunchy green beans. My husband proclaimed it the best trout he had ever eaten, so a win there!

I even learnt a few new cooking skills and flavour profiles that I will definitely be repeating.



*The UCook Valentine's meal kit will be available for delivery with all the fresh ingredients and recipes on 14 February.*

*Orders for Chef Neill Anthony's Valentine's dishes are now open for delivery on Sunday, 14 February or Monday, 15 February (area dependent). There will also be a second week of new dishes from Chef Neil, available for order on [ucook.co.za](https://ucook.co.za) from 10 February.*

## ABOUT RUTH COOPER

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