

Eat Within 2 Days

Smoked Trout Quinoa Salad

with crispy kale & dried cranberries

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	806kJ	2721kJ
Energy	193kcal	650kcal
Protein	8.8g	29.7g
Carbs	30g	102g
of which sugars	8.1g	27.4g
Fibre	4.3g	14.5g
Fat	4.6g	15.4g
of which saturated	1.1g	3.6g
Sodium	394.6mg	1332mg

Allergens: Egg, Dairy, Allium, Sulphites, Fish

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Quinoa *rinsed*
30ml	40ml	NOMU Cajun Rub
150g	200g	Kale *rinsed & roughly shredded*
75ml	100ml	Grated Italian-style Hard Cheese
3 packs	4 packs	Smoked Trout Ribbons
240g	320g	Baby Tomatoes
60g	80g	Dried Cranberries
120ml	160ml	Lemon-balsamic Dressing *(80ml Lemon Juice & 80ml Balsamic Reduction)*
8g	10g	Fresh Chives *rinsed & finely sliced*

From Your Kitchen

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

1. QUIRKY QUINOA Preheat the oven to 200°C. Place the rinsed quinoa in a pot with 600ml of salted water and the NOMU rub. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. CHEESE 'N CRISPY While the quinoa is simmering, place the shredded kale on a roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage the kale until softened and coated. Sprinkle over the grated cheese. Pop in the hot oven and roast until crispy, 10-12 minutes.

3. CHOP CHOP! Roughly chop the trout. Rinse and halve the baby tomatoes and roughly chop the dried cranberries.

4. FINAL FLAIR To the pot of cooked quinoa, toss through the halved baby tomatoes, the chopped cranberries, a drizzle of olive oil, and seasoning.

5. SCRUMPTIOUS SALAD Plate up the loaded quinoa salad. Scatter over the chopped trout and the crispy kale. Drizzle over the lemon-balsamic dressing. Garnish with the sliced chives. Look at you, Chef!

Chef's Tip Air fryer method: Coat the shredded kale in oil, the grated cheese, and seasoning. Air fry at 200°C until crispy, 7-10 minutes (shifting halfway).