



uCOOK

Cucumber & Trout Open Sandwich

with tangy mayo

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	922kj	2397kj
Energy	220kcal	573kcal
Protein	7.6g	19.9g
Carbs	27g	70g
of which sugars	2.8g	7.4g
Fibre	1.2g	3g
Fat	9.7g	25.1g
of which saturated	0.9g	2.4g
Sodium	594mg	1544mg

Allergens: Sulphites, Fish, Gluten, Wheat

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

6 slices	8 slices	Sourdough Bread
3 packs	4 packs	Smoked Trout Ribbons <i>roughly dice</i>
150g	200g	Cucumber <i>rinse & roughly chop</i>
125ml	160ml	Mayo
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **MAKE (A) TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **TASTY TROUT** To a bowl, combine the trout, cucumber, mayo, and seasoning.
3. **SO FANCY, CHEF!** Top slices of toast with the green leaves and the trout mayo. Dig in!