

UCCOOK

Trout Salad & Roast Butternut

with Danish-style feta & Pesto Princess Basil Pesto

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Niriða | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	367kJ	1873kJ
Energy	88kcal	448kcal
Protein	4.8g	24.7g
Carbs	7g	38g
of which sugars	2.5g	12.7g
Fibre	1.7g	8.7g
Fat	4.3g	22.1g
of which saturated	1.3g	6.6g
Sodium	199mg	1017mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
120ml	160ml	Pesto Yoghurt <i>(30ml [40ml] Pesto Princess Basil Pesto & 90ml [120ml] Greek Yoghurt)</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
60g	80g	Green Leaves <i>rinse</i>
300g	400g	Cucumber <i>rinse & cut into thin matchsticks</i>
60g	80g	Danish-style Feta <i>drain</i>
3 packs	4 packs	Smoked Trout Ribbons <i>roughly chop</i>
30ml	40ml	Red Wine Vinegar
30g	40g	Almonds <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Tinfoil

1. GOLDEN BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. DELISH DRIZZLE In a bowl, loosen the pesto yoghurt with water in 5ml increments until drizzling consistency. Season and set aside.

3. SUPERB SALAD In a salad bowl, combine the sun-dried tomatoes, green leaves, the cucumber, the feta, and the smoked trout. Drizzle with the vinegar, the olive oil and season then toss until fully combined.

4. TASTY TROUT DINNER Serve up the butternut and top with the dressed salad. Drizzle over the pesto yoghurt and sprinkle over the almonds. Well done, Chef!

Chef's Tip Toast the almonds in a pan over medium heat until golden brown, 2-4 minutes (shifting occasionally).