

UCCOOK

Tangy Trout & Lentil Salad

with avocado & cashew nuts

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Olivia Johnstone

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	550kJ	2932kJ
Energy	131kcal	701kcal
Protein	6.1g	32.6g
Carbs	11g	58g
of which sugars	1.3g	7.2g
Fibre	5.4g	28.6g
Fat	7.8g	41.4g
of which saturated	1.3g	7.1g
Sodium	148mg	788mg

Allergens: Cow's Milk, Sulphites

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Cashew Nuts <i>roughly chop</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
300g	400g	Broccoli Florets <i>cut into bite-sized pieces</i>
2	2	Avocados
125ml	160ml	Low Fat Plain Yoghurt
60g	80g	Gherkins <i>drain & finely chop</i>
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3 packs	4 packs	Smoked Trout Ribbons <i>roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. TOAST Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY LENTILS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 12-15 minutes. Remove from the pan and season.

3. CHARRED BROC Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the broccoli until charred, 8-10 minutes (shifting as they colour). Remove from the heat and season. Alternatively, air fry at 200°C until crispy, 8-10 minutes (shifting halfway).

4. SOME PREP Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact, and thinly slice. In a small bowl, combine the yoghurt, the gherkins, and the lemon juice (to taste). Add seasoning.

5. TIME TO EAT In a bowl, combine the lentils, the broccoli, the trout, the salad leaves, and a drizzle of olive oil. Dish up and top with the avocado slices. Finish with dollops of the tangy yoghurt, and scatter over the nuts. Well done, Chef!