

UCCOOK

Tangy Trout & Lentil Salad

with avocado & cashew nuts

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

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 1	[Serves 2]	
10g	20g	Cashew Nuts <i>roughly chop</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
100g	200g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	1	Avocado
40ml	80ml	Low Fat Plain Yoghurt
20g	40g	Gherkins <i>drain & finely chop</i>
10ml	20ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1 pack	2 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, 6-8 minutes (shifting as they colour). Remove from the heat and season. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

4. SOME PREP Halve the avocado and remove the pip. 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!