Eat Within 2 Days

UCOOK

White Bean & Smoked Trout Salad

with honey mustard dressing

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info	Per 100g	Per Portion
Energy	366kJ	1529kJ
Energy	88kcal	366kcal
Protein	5.4g	22.5g
Carbs	7g	28g
of which sugars	3g	12.4g
Fibre	1.4g	5.9g
Fat	7.4g	30.9g
of which saturated	1.5g	6.4g
Sodium	403mg	1683mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Cannellini Beans *drain & rinse*
60g	80g	Salad Leaves *rinse & roughly shred*
2	2	Tomatoes *rinse & slice 1½ [2] into thin wedges*
300g	400g	Cucumber *rinse & peel into ribbons*
60g	80g	Danish-style Feta *drain*
3 packs	4 packs	UCOOK Honey Mustard Dressing
15g	20g	Crispy Onion Bits
3 units	4 units	Smoked Trout Ribbons *roughly slice*

From Your Kitchen

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

1. BEAN THERE, DONE THAT Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the cannellini beans until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

2. ADD THE COLOUR In a bowl, toss together the salad leaves, tomato, cucumber, feta, beans, a drizzle of olive oil, and seasoning.

3. TASTY TROUT SALAD Plate up the dressed salad, and drizzle over the dressing. Scatter over the onion bits, and top with the trout.