



UCOOK

Trout Ribbon Caesar Salad

with couscous & Italian-style hard cheese

Imagine a trout salad but bumped up with couscous for a filling and satisfying lunch. Fluffy grains of couscous are dotted with cucumber, crispy onion bits, fresh greens & grated cheese to form the flavour foundation for smoked trout ribbons. A creamy Caesar dressing makes this dish very easy to dive into, Chef!

Hands-on Time: 10 minutes

Overall Time: 12 minutes

Serves: 3 People

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

225ml	Couscous
200g	Cucumber <i>rinse & roughly dice</i>
60g	Green Leaves <i>rinse & roughly shred</i>
90ml	Grated Italian-style Hard Cheese
45ml	Crispy Onion Bits
3 packs	Smoked Trout Ribbons <i>roughly slice</i>
120ml	Creamy Caesar Dressing

From Your Kitchen

Water
Seasoning (salt & pepper)

1. LOADED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 225ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the diced cucumber, the shredded green leaves, the grated cheese, the crispy onion bits, and seasoning.

2. ABOUT THE TROUT Top the loaded couscous with the sliced trout. Drizzle over the Caesar dressing.

Nutritional Information

Per 100g

Energy	841kj
Energy	201kcal
Protein	10.5g
Carbs	21g
of which sugars	2g
Fibre	2.5g
Fat	7.1g
of which saturated	1.9g
Sodium	445mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
2 Days