



UCOOK

Mustard Smoked Trout Salad

with spiced butternut & pickled onion

Mmmouthwatering mustard seed-covered smoked trout ribbons adorn a green salad, which features plump edamame beans, oven roasted butternut & red bell peppers infused with smoked paprika, and pickled onions. Finished with crumbings of feta.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

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Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
7,5ml	Smoked Paprika
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>
120ml	White Wine Vinegar
1	Onion <i>peel & finely slice ¾</i>
120g	Edamame Beans
3 units	Smoked Trout Ribbons <i>cut into thick strips</i>
30ml	Mustard Seeds
60g	Green Leaves <i>rinse</i>
300g	Cucumber <i>rinse & cut into thin matchsticks</i>
90g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the smoked paprika, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). At the halfway mark, spread the pepper strips on a separate roasting tray. Coat in oil and season. Roast in the hot oven for the remaining time.

2. PICKLED ONION In a bowl, combine the vinegar, 15ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain just before serving, reserving the pickling liquid.

3. PREP STEP Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. In a dish, coat the smoked trout with the mustard seeds.

4. SIMPLE SALAD In a bowl, combine the rinsed green leaves, the pickled onion (to taste), the cucumber matchsticks, a drizzle of olive oil, and seasoning.

5. DELISH FISH DISH Plate up the leafy salad and top with the pepper strips, the edamame beans, and the roasted butternut. Drizzle over the reserved pickling liquid. Top with the trout ribbons and crumble over the drained feta. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil, the smoked paprika, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Add the dressed pepper strips at the halfway mark.

Nutritional Information

Per 100g

Energy	258kj
Energy	62kcal
Protein	3.3g
Carbs	7g
of which sugars	2.1g
Fibre	1.6g
Fat	1.7g
of which saturated	0.8g
Sodium	127mg

Allergens

Allium, Sulphites, Fish, Soy, Cow's Milk

Cook
within 1
Day