



# UCOOK

## Rainbow Trout & Two Tomato Salads

**with golden butternut & sun-dried tomato**

Flaky trout fillet is served alongside an array of vibrant roasted vegetables including butternut, onions and radish. Once roasted to golden perfection, these veggies are mixed with sun-dried tomato & pickled pepper. Finished off with a fresh tomato salad, this dish has everything and more!

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Carb Conscious

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 Boschendal | MCC Brut Rosé NV

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## Ingredients & Prep

250g	Butternut <i>deseeded, peeled &amp; cut into bite-sized chunks</i>
20g	Radish <i>rinsed &amp; cut into halves</i>
1	Tomato <i>cut into wedges</i>
1	Red Onion <i>½ peeled &amp; cut into wedges</i>
1	Rainbow Trout Fillet
10ml	NOMU Seafood Rub
20g	Salad Leaves <i>rinsed</i>
20g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
10g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>

## From Your Kitchen

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

**1. ROASTED VEG** Preheat the oven to 200°C. Place the butternut chunks, the halved radish, ½ the tomato wedges, and the onion wedges on a roasting tray. Coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

**2. SPICED TROUT** When the veg has 10 minutes remaining, pat the trout dry with some paper towel. Coat the flesh in the rub and seasoning. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference.

**3. TOMATO SALAD 2 WAYS** In a bowl, combine the remaining tomato wedges, the rinsed salad leaves, a drizzle of oil, and seasoning. When the veg is done roasting, place in a bowl. Add the drained sun-dried tomatoes and the chopped pickled peppers. Toss until fully combined.

**4. NO DOUBT THIS TROUT IS DELISH!** Plate up the flaky trout. Side with the golden roasted veg and the tomato salad. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	284kj
Energy	68Kcal
Protein	5g
Carbs	7g
of which sugars	3g
Fibre	1.6g
Fat	1.7g
of which saturated	0.3g
Sodium	115mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 1  
Day