



U C O O K

— COOKING MADE EASY

MOROCCAN-STYLE RAINBOW TROUT

with spiced, roast veg, hummus & pitted dates

Cumin, coriander, turmeric, cinnamon, and cloves: a distinctive Moroccan aroma infusing roast lentils, cauliflower, and soft, sweet dates. With brown basmati rice, hummus dressing, and a fillet of delicate, delectable trout.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

75ml	Brown Basmati Rice
5ml	Vegetable Stock
150g	Cauliflower Florets <i>cut into bite-size pieces</i>
60g	Lentils <i>drained & rinsed</i>
5ml	NOMU Moroccan Rub
30ml	Hummus
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
40g	Peas
1	Trout Fillet
20g	Pitted Dates <i>roughly chopped</i>

From Your Kitchen

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

1. NUTTY BASMATI Preheat the oven to 180°C. Rinse the rice and place in a pot with the vegetable stock and 200ml of salted water. Stir through, pop on a lid, and bring to the boil over a high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for 10 minutes until cooked and tender.

2. ROAST THE CAULI & LENTILS Spread out the cauliflower pieces, drained lentils, and chopped dates on a roasting tray. Coat in oil, some seasoning, and the Moroccan Rub to taste. Roast in the hot oven for 20-25 minutes until the cauliflower is cooked through and starting to crisp, shifting halfway.

3. HUMMUS DRESSING & PEAS Boil the kettle. Place the hummus in a bowl and combine with a drizzle of oil and three-quarters of the chopped parsley. Add water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion. When the rice is cooked, stir through the warm peas.

4. SEAR THE TROUT When the roast has 5 minutes to go, place a pan over a medium-high heat with a drizzle of oil. Pat the trout dry with some paper towel. When the pan is hot, fry the trout skin-side down for 2-3 minutes until the skin is crispy. Flip and fry for a further 30-60 seconds or until cooked to your preference. Remove from the pan on completion.

5. HEALTHY AND HEARTY Make a bed of rice and peas and cover with roast cauliflower, lentils, and dates. Lay the trout fillet on top and drizzle over the parsley and hummus dressing. Garnish with the remaining chopped parsley. Time to nourish your body, Chef!



Chef's Tip

Trout is one of the few non-sun sources of vitamin D. It helps immune cells to fight off infections, so tuck into that nourishing trout whenever you can!

Nutritional Information

Per 100g

Energy	661kj
Energy	158Kcal
Protein	10g
Carbs	24g
of which sugars	4.3g
Fibre	5g
Fat	2.9g
of which saturated	0.5g
Sodium	238mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days