

# UCOOK

## Rainbow Trout & Caramelised Veg

**with roast beetroot and butternut, chives & honey-mustard dressing**

Dairy-free, gluten-conscious, carb-conscious indulgence... Tender trout lies on a bed of cosy roast veg, flavoured with a NOMU rub. Served alongside is a leafy pea and chive salad. And it's all splashed with tangy mustard dressing – divine!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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♥ Health Nut

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🍷 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

250g	Butternut <i>peeled, deseeded &amp; cut into bite-sized chunks</i>
200g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
5ml	NOMU One For All Rub
10g	Pumpkin Seeds
17,5ml	Tangy Mustard Dressing <i>(10ml White Wine Vinegar, 5ml Honey &amp; 2,5ml Wholegrain Mustard)</i>
50g	Peas
20g	Green Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed &amp; finely chopped</i>
1	Rainbow Trout Fillet

## From Your Kitchen

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

**1. COMFORTING WINTER VEG** Preheat the oven to 200°C. Spread out the butternut and beetroot chunks on a roasting tray. Coat in oil, the One For All Rub, and some seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. WARM & TOASTY** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

**3. ASSEMBLE YOUR SALAD** When the roast has 10 minutes remaining, boil the kettle. Whisk the tangy mustard dressing with 1 tsp of olive oil until emulsified. Submerge the peas in boiling water for 2-3 minutes. Once plump and heated through, drain and place in a salad bowl. Add in the rinsed green leaves,  $\frac{3}{4}$  of the chopped chives, and  $\frac{1}{2}$  of the dressing. Toss until coated, season, and set aside for serving.

**4. MELT-IN-YOUR-MOUTH TROUT** Pat the trout dry with paper towel. Return the pan to 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. Remove from the pan on completion.

**5. HOW EASY WAS THAT?** Serve up a generous portion of crisp roast veggies and pop the trout on top. Sprinkle the toasted pumpkin seeds over the pea salad and serve on the side. Drizzle it all with the remaining dressing, and garnish with the remaining chives. Grub's up, Chef!



## Chef's Tip

To make sure your veg does get crispy, spread it out with a little space between each piece. Don't overcrowd the tray – rather use two trays if necessary.

## Nutritional Information

Per 100g

Energy	338kJ
Energy	81Kcal
Protein	5.7g
Carbs	9g
of which sugars	2.6g
Fibre	2.4g
Fat	1.8g
of which saturated	0.4g
Sodium	67mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 2  
Days