



UCOOK

Rainbow Trout & Lemon-chilli Dressing

with charred baby tomatoes

It's so-fish-tication on a plate, Chef! Silky, garlic onions are tossed with blistered baby greens and combined with crispy, crunchy greens to infuse flavour into fluffy bulgur wheat. Top with seared rainbow trout and pour over the delectable fresh dill, chilli, caper, & lemon juice dressing.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

*New Calorie Conscious

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Ingredients & Prep

50ml	Bulgur Wheat
80g	Baby Tomatoes <i>rinse</i>
1	Onion <i>peel & finely slice</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Lemon Juice
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
10g	Capers <i>drain</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
1	Rainbow Trout Fillet
40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. BLISTERED BABY TOMATOES Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed baby tomatoes until lightly charred & blistered, 6-8 minutes (shifting occasionally). Remove from the pan, reserving any pan juices behind in the pan. Season and set aside.

3. GARLIC & ONION Return the pan to medium heat. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). In the last 1-2 minutes, add the grated garlic. Remove from the pan and add to the bowl of blistered tomatoes. Set aside.

4. ZESTY CHILLI CAPERS In a bowl, combine the lemon juice, the chopped dill, the drained capers and sliced chilli (to taste). Season and set aside.

5. ABOUT THE TROUT Return the pan to medium-high heat with a drizzle of oil (if necessary). Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

6. DIVINE DINNER Toss the garlic onions, the blistered baby tomatoes and the shredded leaves through the bulgur wheat. Top with the seared trout and the drizzle over the lemon-chilli dressing. Dig in, Chef!

Nutritional Information

Per 100g

Energy	392kJ
Energy	94kcal
Protein	7.2g
Carbs	12g
of which sugars	2g
Fibre	2g
Fat	1.9g
of which saturated	0.4g
Sodium	67.2mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
2 Days