



UCOOK

Middle Eastern Spiced Trout

with roasted lentils, quinoa & cottage cheese

Za'atar is the ultimate one-spice-fits-all – its nutty flavour beautifully elevates the gentle hues of the sustainably-caught rainbow trout fillet. Served with health-conscious quinoa grains, and roasted lentils. Ah yes, a drizzle of minty cottage cheese dressing – and there it is!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Rosé

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

Ingredients & Prep

75ml	Quinoa
50g	Cucumber <i>cut into half-moons or peeled into ribbons</i>
22,5ml	Pickling Liquid <i>(15ml Raspberry Vinegar & 7,5ml Honey)</i>
60g	Lentils <i>drained & rinsed</i>
1	Rainbow Trout Fillet
15ml	Za'atar
20g	Green Leaves <i>rinsed</i>
50ml	Low Fat Cottage Cheese
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. SPECKLED QUINOA Preheat the oven to 180°C. Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on the lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for 10 minutes.

2. PICKLE & ROAST Place the cucumber in a bowl with the pickling liquid, toss to coat, and set aside. Place the drained lentils on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 15-20 minutes until crispy.

3. ZA'ATAR TROUT Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the trout dry with paper towel, coat in the za'atar spice, and season. When hot, fry the trout, skin-side down, for 2-3 minutes until crispy. Flip and fry for a further 30 seconds. Remove from the pan once cooked to your liking.

4. CREAMY DRESSING Drain the cucumber, reserving the pickling liquid. Mix the leaves with the pickled cucumber and season to taste. Combine the cottage cheese with some reserved pickling liquid (to taste), ½ of the chopped mint, and season to taste.

5. DIG IN! Make a bed of jewelled quinoa and green salad and top with the crispy lentils and za'atar trout. Drizzle over the creamy cheese dressing and garnish with the remaining chopped mint. Enjoy!

Nutritional Information

Per 100g

Energy	734kJ
Energy	175Kcal
Protein	13.2g
Carbs	21g
of which sugars	4.4g
Fibre	4.8g
Fat	4.8g
of which saturated	1g
Sodium	122mg

Allergens

Dairy, Sesame, Sulphites, Fish, Tree Nuts

Cook
within 2
Days