

# UCCOOK

## Smoked Trout Quinoa Salad

with baby tomatoes & charred corn

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 579.9kJ   | 2360.7kJ    |
| Energy             | 138.7kcal | 564.8kcal   |
| Protein            | 6.1g      | 24.8g       |
| Carbs              | 17.6g     | 71.6g       |
| of which sugars    | 2.2g      | 9g          |
| Fibre              | 2.3g      | 9.4g        |
| Fat                | 4.9g      | 20g         |
| of which saturated | 0.6g      | 2.4g        |
| Sodium             | 329.9mg   | 1342.9mg    |

**Allergens:** Sulphites, Fish, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 80g      | 80g        | Baby Tomatoes<br><i>rinse &amp; cut in half</i>                                     |
| 75ml     | 150ml      | Quinoa Mix  |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>                                  |
| 3g       | 5g         | Fresh Dill<br><i>rinse, pick &amp; roughly chop</i>                                 |
| 1        | 2          | Smoked Trout Ribbons<br><i>roughly slice</i>  |
| 10ml     | 20ml       | NOMU Seafood Rub  |
| 50g      | 100g       | Corn  |
| 50ml     | 100ml      | Creamy Yoghurt<br><i>(30ml [60ml] Low Fat Plain Yoghurt &amp; 20ml [40ml] Mayo)</i> |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter (optional)

1. **QUINOA** Place the quinoa in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 15-20 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. **CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub and a knob of butter (optional). Remove from the pan and set aside.

3. **JUST BEFORE SERVING** In a small bowl, combine the dill and the creamy yoghurt. Loosen with water in 5ml increments until a drizzling consistency and add seasoning. In a salad bowl, combine the baby tomatoes, ½ of the trout, cucumber, corn, quinoa, a drizzle of olive oil, and seasoning.

4. **TIME TO EAT** Bowl up the loaded quinoa, scatter over the remaining trout, and drizzle over the creamy yoghurt.