



# UCOOK

## Tasty Trout Salad

**with boiled baby potatoes, cucumber ribbons & peas**

Picture it: Green leaves, cucumber ribbons, plumped peas, & toasted sunflower seeds form the base of this ultimate scrumptious salad. Boiled baby potatoes give it substance, a mustard vinaigrette some tang, and flaked trout & crispy skin the wow factor. It's Instagram worthy, Chef!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

---

**Serves:** 1 Person

---

**Chef:** Rhea Hsu

---

 Fan Faves

---

 Stellenzicht | Thunderstone Rosé

---

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

## Ingredients & Prep

200g	Baby Potatoes <i>cut in half</i>
40g	Peas
7g	Mixed Herbs <i>(4g Fresh Parsley &amp; 3g Fresh Chives)</i>
20g	Salad Leaves
100g	Cucumber
20ml	Mustard Vinaigrette <i>(15ml Red Wine Vinegar &amp; 5ml Dijon Mustard)</i>
5g	Sunflower Seeds
1	Rainbow Trout Fillet

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. TINY 'TATOES** Place the halved baby potatoes in a pot of salted water over high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer until cooked through and soft, 15-20 minutes. Remove from the heat and drain. Cover with the lid to keep warm.

**2. FOR THE FRESHNESS** Boil the kettle. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and set aside. Rinse, pick, and finely chop the mixed herbs. Rinse and roughly shred the salad leaves. Peel the cucumber into ribbons.

**3. DRESSED TO IMPRESS** In a small bowl, combine ½ the chopped herbs, the mustard vinaigrette, a drizzle of olive oil, a sweetener, and seasoning.

**4. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**5. IT'S ALL ABOUT THE TROUT** Pat the trout dry with paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout, skin-side down, until crispy, 2-3 minutes. Flip and fry until cooked through to your preference, for a further 30-60 seconds. Remove from the pan and flake the cooked trout using two forks. Roughly chop the crispy trout skin.

**6. SUMMER SALAD PERFECTION** Make a bed of the shredded salad leaves and the cucumber ribbons. Scatter over the baby potatoes, the plumped peas, the sunflower seeds, and the flaked trout. Drizzle over the dressing and garnish with the chopped crispy skin and the remaining chopped herbs. Finish it off with a crack of black pepper. Dig in, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

## Nutritional Information

Per 100g

Energy	347kJ
Energy	83kcal
Protein	6.7g
Carbs	8g
of which sugars	1.8g
Fibre	1.4g
Fat	2.2g
of which saturated	0.4g
Sodium	53mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 2  
Days