



# U C O O K

— COOKING MADE EASY

## OMEGA-RICH RAINBOW TROUT

**with fragrant green lentils & julienne beetroot**

Pump up dinnertime with a protein-packed feast! Rainbow trout fillet infused with fresh dill and lemon, laid on a generous mound of green lentils brimming with spinach, garlic, and fresh parsley.

---

**Hands-On Time:** 40 minutes

**Overall Time:** 45 minutes

---

**Serves:** 4 People

---

**Chef:** Lauren Todd

---



**Health Nut**

---

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



## Ingredients & Prep

20ml	Vegetable Stock
2	Onion <i>peeled &amp; diced</i>
4	Garlic Clove <i>peeled &amp; grated</i>
320ml	Le Puy Green Lentils <i>rinsed</i>
8g	Fresh Dill <i>rinsed &amp; finely chopped</i>
2	Lemon <i>zested &amp; cut into wedges</i>
4	Rainbow Trout Fillets
160g	Spinach <i>rinsed &amp; roughly chopped</i>
10g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
300g	Julienne Beetroot

## From Your Kitchen

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

**1. COOK THE LENTILS** Boil a full kettle. Dilute the stock with 1.2L of boiling water. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for about a minute until fragrant. Add the rinsed green lentils, stir in the diluted stock, and bring to a simmer. Cook (without a lid) for 20-25 minutes until al dente, stirring occasionally. If it starts to dry out, add more water to continue the cooking process.

**2. LEMON & DILL MARINADE** Place three-quarters of the chopped dill in a shallow dish. Add some lemon zest to taste, the juice from 4 lemon wedges, and 1 tbsp of oil. Season to taste and mix to combine. Pop the trout fillets in the dish, evenly coat, and set aside to marinate for at least 10 minutes.

**3. SAUTÉ THE SPINACH** Place a large, nonstick pan over a medium heat with a small drizzle of oil. When hot, sauté the chopped spinach for 3-4 minutes until wilted. Remove the pan from the heat on completion. When the lentils are cooked, stir through the sautéed spinach and chopped parsley. Season to taste, remove from the heat, and pop on a lid. Set aside to keep warm while frying the trout.

**4. TERRIFIC TROUT** Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes. Once the skin is crispy, baste the fillets with some of the marinade left in the dish. Flip, and fry for a further 30-60 seconds or until cooked to your preference. You may need to do this step in batches. Remove from the pan on completion.

**5. TUCK IN** Dish up a pile of nutritious lentils and spinach. Sprinkle with some fresh julienne beetroot and top with the zesty trout. Garnish with the remaining chopped dill and a sprinkle of lemon zest to taste. Don't forget to place a lemon wedge on the side! Delicious and nutritious.



## Chef's Tip

Trout is one of the few non-sun sources of vitamin D. It helps immune cells to fight off infections, so tuck into that nourishing trout whenever you can!

## Nutritional Information

Per 100g

Energy	478kj
Energy	114Kcal
Protein	11.2g
Carbs	13g
of which sugars	2.8g
Fibre	3.2g
Fat	2.2g
of which saturated	0.4g
Sodium	183mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 2  
Days