



UCOOK

Roast Veggie & Trout Salad

with Danish-style feta & Princess Pesto Rocket Pesto


A wholesome and tasty salad packed with flavour and goodness! Green leaves are the base of this healthy delight, and are loaded with sweet roasted pumpkin, carrot ribbons, and creamy feta. The star of the show is tender flaky trout, the perfect carrier for all the fabulous flavours within this dish!

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford MCC

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Ingredients & Prep

100g	Pumpkin Chunks <i>cut into bite-sized chunks</i>
1	Rainbow Trout Fillet
10ml	Red Wine Vinegar
5ml	Pesto Princess Rocket Pesto
10ml	Sweet Chilli Sauce
20g	Green Leaves <i>rinsed</i>
120g	Carrot <i>½ rinsed, trimmed & peeled into ribbons</i>
20g	Danish-style Feta <i>drained</i>
10g	Peanuts <i>roughly chopped</i>

From Your Kitchen

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

1. PUMP IT UP Preheat the oven to 200°C. Spread out the pumpkin chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. LET THEM EAT TROUT! When the pumpkin has 10 minutes remaining, pat the trout dry with paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion.

3. DRESSED TO IMPRESS In a bowl, combine the vinegar, the pesto, the sweet chilli sauce, and seasoning.

4. SALAD SYMPHONY In a large bowl, combine the rinsed green leaves, the carrot ribbons, and the roasted pumpkin chunks. Add the dressing (to taste). Crumble in the drained feta and toss until fully combined.

5. SERVICE, CHEF! Serve up a hearty helping of the salad and top with the trout fillet. Sprinkle over the chopped peanuts. Well done, Chef!

Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	8.6g
Carbs	5g
of which sugars	2.5g
Fibre	1.8g
Fat	5g
of which saturated	1.5g
Sodium	95mg

Allergens

Egg, Dairy, Allium, Peanuts, Sulphites,
Sugar Alcohol (Xylitol), Fish, Tree Nuts

Cook
within 2
Days