



# UCOOK

## Rainbow Trout & Gem Squash

with **crispy cannellini beans & basil pesto**

We've decided to oven-roast cannellini beans until crispy and paired with a tasty rainbow trout. To complete the plate, there is roasted gem squash, toasted pumpkin seeds for crunch and basil pesto for a welcome herby freshness.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 3 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Simonsig | Die Kluisenaar White Blend

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## Ingredients & Prep

|      |   |
|------|---|
| 3    | Gem Squash<br><i>halved &amp; deseeded</i>      |
| 180g | Cannellini Beans<br><i>drained &amp; rinsed</i> |
| 15ml | NOMU One For All Rub                            |
| 30g  | Pumpkin Seeds                                   |
| 30ml | Pesto Princess Basil Pesto                      |
| 60g  | Salad Leaves<br><i>rinsed</i>                   |
| 3    | Rainbow Trout Fillets                           |

## From Your Kitchen

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

**1. WHAT A GEM** Preheat the oven to 200°C. Place the deseeded gem squash halves (cut-side up) and the drained cannellini beans on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and crisping up, 30-40 minutes (shifting halfway).

**2. TOASTED SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until beginning to pop and turn brown, 3-5 minutes. Remove from the pan and set aside.

**3. PESTO SALAD** Loosen the basil pesto with water or oil in 5ml increments until drizzling consistency. In a bowl, combine the rinsed salad leaves and ½ the loosened pesto. season and set aside.

**4. TROUT TIME** Pat the trout dry with paper towel. 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 for 30-60 seconds or until cooked through to your preference.

**5. RAINBOW DINNER** Serve up the roasted gem squash and side with the trout. Sprinkle the toasted pumpkin seeds and the crispy beans over the salad. Drizzle the remaining pesto over the whole dish. Grub's up, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the gem squash? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 369kj  |
| Energy             | 88kcal |
| Protein            | 7.3g   |
| Carbs              | 5g     |
| of which sugars    | 0.5g   |
| Fibre              | 1.9g   |
| Fat                | 3.4g   |
| of which saturated | 0.7g   |
| Sodium             | 101mg  |

## Allergens

Egg, Dairy, Allium, Fish, Tree Nuts

Cook  
within 2  
Days