



UCOOK

Smoked Trout & Herb Dressing

with roasted butternut & chickpeas

Need a secret salad sauce in your culinary repertoire? From now on, this caper & dill mayo will be your go-to for almost any seafood dish. With this recipe, you will be dousing it onto smoky trout ribbons that are resting on an intricate bed of roasted butternut, onion & crispy chickpeas, as well as a feta & piquanté pepper salad.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Carb Conscious

Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
60g	Chickpeas <i>drain & rinse</i>
1 unit	Plain Tangy Mayo
10g	Capers <i>drain & finely chop</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
15g	Piquanté Peppers <i>drain</i>
20g	Salad Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain & crumble</i>
1 unit	Smoked Trout Ribbons <i>cut into strips</i>

From Your Kitchen

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

1. BUTTER-NUT FORGET BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, dress the drained chickpeas with a drizzle of oil and seasoning. Set aside.

2. CAPER & DILL MAYO In a small bowl, combine the mayo with the chopped capers (to taste) and ½ the chopped dill. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

3. BRING ON THE FRESHNESS In a bowl, combine the cucumber half-moons, the drained peppers, the shredded salad leaves, the crumbled feta, a drizzle of olive oil, and seasoning. Set aside.

4. CRISPY CHICKPEAS When the roast reaches halfway, spread the dressed chickpeas over the veg and return to the oven for the remaining time.

5. NOW ABOUT THE TROUT Make a bed of the roasted veg and top with the fresh salad. Lay over the trout ribbons and drizzle generously with the caper dressing. Garnish with the remaining dill.



Chef's Tip

Air fryer method: Coat the butternut pieces and onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, add the dressed chickpeas.

Nutritional Information

Per 100g

Energy	521kJ
Energy	125kcal
Protein	3.9g
Carbs	9g
of which sugars	2.6g
Fibre	1.8g
Fat	7.5g
of which saturated	1.8g
Sodium	234mg

Allergens

Egg, Allium, Sulphites, Fish, Cow's Milk

Eat
Within
2 Days