



UCOOK

Smoked Trout Caesar Salad

with couscous & Italian-style hard cheese

Imagine a trout salad but bumped up with couscous for a filling and satisfying lunch. Fluffy grains of couscous are dotted with cucumber, crispy onion bits, fresh greens & grated cheese to form the flavour foundation for smoked trout ribbons. A creamy caesar dressing makes this dish very easy to dive into, Chef!

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Samantha du Toit

***New Lunch**

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Ingredients & Prep

From Your Kitchen

Salt & Pepper
Water

1. LOADED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 75ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the diced cucumber, the shredded green leaves, the cheese, the crispy onion bits, and seasoning.

2. ABOUT THE TROUT Top the loaded couscous with the sliced trout. Drizzle over the caesar dressing.

Nutritional Information

Per 100g

Energy	862kj
Energy	206kcal
Protein	12g
Carbs	26g
of which sugars	2.3g
Fibre	2.9g
Fat	4.8g
of which saturated	1.8g
Sodium	382mg

Allergens

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

Eat
Within
2 Days