

UCCOOK

Tasty Trout Salad

with potato & a Carb Smart 1000 Islands Dressing

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Rhea Hsu

Nutritional Info

	Per 100g	Per Portion
Energy	365kj	1965kj
Energy	87kcal	470kcal
Protein	6.8g	36.7g
Carbs	8.7g	46.6g
of which sugars	1.2g	6.6g
Fibre	1.8g	9.9g
Fat	2.8g	14.9g
of which saturated	0.5g	2.5g
Sodium	73mg	394mg

Allergens: Fish, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized chunks</i>
120g	160g	Peas
30g	40g	Sunflower Seeds
3	4	Rainbow Trout Fillets
15ml	20ml	NOMU Seafood Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
120ml	160ml	Carb Smart 1000 Islands Dressing
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

- 1. BOIL THE POTATO** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, season, and cover.
- 2. PLUMP PEAS** Boil the kettle. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and set aside.
- 3. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. IT'S ALL ABOUT THE TROUT** Return the pan over medium-high heat. Pat the trout dry with paper towel and lightly coat in cooking spray (or oil of your choice). When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. During the final 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.
- 5. SALAD PERFECTION** Make a bed of the salad leaves and the cucumber. Scatter over the potato, the peas, the sunflower seeds, and top with the trout. Drizzle over the dressing and garnish with the parsley. Finish it off with a crack of black pepper. Dig in, Chef.

Chef's Tip Lightly coat the potato with cooking spray (or oil of your choice) and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway)