



UCOOK

Herbed Rainbow Trout

with roasted carrot & beetroot

A delightful combo for a delicious, hassle-free meal! Savour the goodness of roasted carrots & beets paired with tasty trout fillets. Drizzled with a herby yoghurt and topped with fresh herbs, this dish is a burst of natural flavours that's as easy to enjoy as it is to make.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

120g	Carrot <i>trim, peel & cut into wedges</i>
150g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized chunks</i>
6g	Mixed Herbs <i>(3g Fresh Parsley & 3g Fresh Dill)</i>
30ml	Greek Yoghurt
1	Rainbow Trout Fillet
10ml	NOMU Seafood Rub

From Your Kitchen

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

1. ROAST VEGGIES Preheat the oven to 200°C. Spread the carrot wedges and the beetroot chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PREP STEP Rinse the mixed herbs and pick the parsley. Finely chop the parsley leaves and the dill. Set aside.

3. HERBY YOGHURT In a small bowl, loosen the yoghurt with a splash of water. Mix through ¼ of the chopped herbs and season. Set aside.

4. FRY THE FISH Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. Coat in the NOMU rub and seasoning. 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.

5. WHAT A FEAST! Plate up the roasted veg and serve the trout alongside. Drizzle it all with the herby yoghurt and garnish with any remaining fresh herbs. Dive in, Chef!

Nutritional Information

Per 100g

Energy	317kJ
Energy	76kcal
Protein	7.5g
Carbs	6g
of which sugars	1.9g
Fibre	1.8g
Fat	2.2g
of which saturated	0.6g
Sodium	180mg

Allergens

Allium, Fish, Cow's Milk

Eat
within 2
Days