

# UCOOK

## Smoked Trout & Crispy Croutons

with creamy horseradish sauce

The prettiest summer salad you ever did see! Picture a salad loaded with baby marrow ribbons, cucumber, dill, radish rounds, crispy lentils, crunchy croutons, and poppy seeds. Topped with smoked trout ribbons and drizzled with a crème fraîche & horseradish sauce. Feeling hungry yet, Chef?

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Hellen Mwanza

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 Quick & Easy

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 Paserene | Bright Chardonnay

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## Ingredients & Prep

180g	Tinned Lentils <i>drained &amp; rinsed</i>
2	Burger Buns <i>1½ cut into bite-sized chunks</i>
300g	Baby Marrow <i>rinsed, trimmed &amp; peeled into ribbons</i>
150g	Cucumber <i>rinsed &amp; roughly diced</i>
30ml	Lemon Juice
8g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
60g	Radish <i>rinsed &amp; sliced into thin rounds</i>
15ml	Poppy Seeds
120ml	Creamy Horseradish <i>(90ml Crème Fraîche &amp; 30ml Horseradish Sauce)</i>
120g	Smoked Trout Ribbons

## From Your Kitchen

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

**1. TOASTED LENTILS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the rinsed lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**2. GOLDEN NUGGETS** Return the pan to medium heat with a drizzle of oil. When hot, add the bun chunks and fry until golden and crispy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FRESH & CRUNCHY** To a salad bowl, add the baby marrow ribbons and the diced cucumber. Toss through the lemon juice, ½ the chopped dill, the radish rounds, ½ the crispy lentils, the croutons, the poppy seeds, a drizzle of olive oil, and seasoning. Set aside.

**4. CRÈME-Y DRIZZLE** In a small bowl, loosen the creamy horseradish with water in 5ml increments until drizzling consistency. Season and set aside.

**5. VOILÀ!** Serve up the loaded crouton salad and top with the smoked trout ribbons and the remaining crispy lentils. Drizzle with the horseradish sauce and garnish with the remaining chopped dill. Amazing, Chef!



## Chef's Tip

Air fryer method: Coat the rinsed lentils in oil and seasoning. Air fry at 200°C until crispy, 10-12 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	600kj
Energy	144kcal
Protein	7.6g
Carbs	18g
of which sugars	2.9g
Fibre	3.5g
Fat	4.6g
of which saturated	2.3g
Sodium	255.4mg

## Allergens

Gluten, Dairy, Sesame, Wheat,  
Sulphites, Fish

Cook  
within 2  
Days