

Eat Within 2 Days

# QCOOK

## Creation's Smoked Trout Salad

**with green beans, carrot & raisins**

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Creation Winery

**Wine Pairing:** Creation Wines | Creation Rosé

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 307kJ | 1367kJ |
| Energy | 73kcal | 327kcal |
| Protein | 4.5g | 20.1g |
| Carbs | 8g | 36g |
| of which sugars | 5g | 22.2g |
| Fibre | 2.1g | 9.3g |
| Fat | 2.6g | 11.7g |
| of which saturated | 0.4g | 1.8g |
| Sodium | 246mg | 1097mg |

**Allergens:** Sulphites, Fish, Tree Nuts, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 8g | 10g | Fresh Chives<br>*rinse & finely slice* |
| 120ml | 160ml | Orange Vinaigrette<br>*(75ml [100ml] Orange Juice, 15ml [20ml] Mustard & 30ml [40ml] Vinegar)* |
| 30g | 40g | Walnuts |
| 240g | 320g | Green Beans<br>*rinse & slice into thirds* |
| 240g | 240g | Carrot<br>*rinse, trim & peel ¾ [all] into ribbons* |
| 300g | 400g | Cucumber<br>*rinse & peel into ribbons* |
| 3 units | 4 units | Smoked Trout Ribbons<br>*roughly slice* |
| 60g | 80g | Salad Leaves<br>*rinse & roughly shred* |
| 30g | 40g | Raisins<br>*roughly chop* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. O-YUM ORANGE VINAIGRETTE In a small bowl, combine the chives with the orange vinaigrette, 30ml [40ml] of olive oil, and seasoning. Set aside in the fridge.

2. WOW WITH WALNUTS Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO-GO GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. Fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan and season.

4. FLAVOURFUL FRESHNESS In a salad bowl, combine the ribboned veggies, charred beans, ½ of the trout, green leaves, and ½ of the orange vinaigrette.

5. SENSATIONAL SALAD Bowl up the salad, scatter over the remaining trout, nuts, and raisins. Drizzle over the remaining dressing and dig in, Chef!

**Chef's Tip** Did you know? Smoking trout was originally a way to preserve the fish for longer before refrigeration was widely available.