

# UCOOK

## Seared Trout & Autumn Veg

with beetroot, butternut, chives & wholegrain mustard

A dairy-free, gluten-conscious indulgence! Pan-fried rainbow trout fillet lies on a bed of cosy roast veg, flavoured with NOMU rub. With a leafy pea and chive salad tossed with a tangy mustard dressing. Divine!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Tess Witney

---

 **Health Nut**

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

|        |   |
|--------|---|
| 250g   | Butternut<br><i>peeled, deseeded &amp; cut into bite-sized chunks</i>                                     |
| 200g   | Beetroot<br><i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>                            |
| 5ml    | NOMU One For All Rub  |
| 10g    | Pumpkin Seeds   |
| 50g    | Peas  |
| 17,5ml | Wholegrain Mustard Dressing<br><i>(10ml White Wine Vinegar, 5ml Honey &amp; 2,5ml Wholegrain Mustard)</i> |
| 20g    | Green Leaves<br><i>rinsed</i>   |
| 3g     | Fresh Chives<br><i>rinsed &amp; finely chopped</i>  |
| 1      | Rainbow Trout Fillet  |

## From Your Kitchen

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

**1. COMFORTING AUTUMN VEG** Preheat the oven to 200°C. Spread out the butternut and beetroot chunks on a roasting tray. Coat in oil, the One For All Rub, and a little seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. TOASTED SEEDS** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

**3. PLUMP PEAS & DRESSING** When the roast has 10 minutes remaining, boil the kettle. Submerge the peas in boiling water for 2-3 minutes. Whisk the dressing with 1 tsp of oil until combined. When the peas are plump and heated through, drain and place in a salad bowl. Add in the rinsed green leaves,  $\frac{3}{4}$  of the chopped chives, and  $\frac{1}{2}$  of the dressing. Toss until coated, season to taste, and set aside for serving.

**4. SILKY RAINBOW TROUT** Pat the trout dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion.

**5. HOW EASY WAS THAT?** Serve up a generous portion of crisp roast veggies and pop the trout on top. Sprinkle the toasted pumpkin seeds over the pea salad and serve on the side. Drizzle it all with the remaining dressing to taste, and garnish with the remaining chives. Grub's up, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 343kj  |
| Energy             | 82Kcal |
| Protein            | 5.7g   |
| Carbs              | 9g     |
| of which sugars    | 2.6g   |
| Fibre              | 2.4g   |
| Fat                | 1.8g   |
| of which saturated | 0.4g   |
| Sodium             | 93mg   |

## Allergens

Allium, Sulphites, Fish

Cook  
within 2  
Days