

UCCOOK

Rainbow Trout & Lemon-chilli Dressing

with charred baby tomatoes

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	429kj	1748kj
Energy	103kcal	418kcal
Protein	8.4g	34.2g
Carbs	12g	49g
of which sugars	1g	5g
Fibre	2g	9g
Fat	2.3g	9.2g
of which saturated	0.5g	2g
Sodium	76.8mg	313.1mg

Allergens: Sulphites, Fish, Gluten, Wheat, Allium

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Bulgur Wheat
80g	160g	Baby Tomatoes <i>rinse</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
10g	20g	Capers <i>drain & roughly chop</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
1	2	Rainbow Trout Fillet/s
40g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (salt & pepper)

Paper Towel

Water

Cooking Spray (or oil of your choice)

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. BLISTERED BABY TOMATOES Place a pan over medium heat. When hot, add the baby tomatoes and lightly coat in cooking spray or oil (optional). Fry until lightly charred and blistered, 6-8 minutes (shifting occasionally). Remove from the pan, reserving any pan juices behind in the pan. Season and set aside.

3. GARLIC & ONION Return the pan to medium heat. When hot, add the onion (coat in more cooking spray or oil if necessary) and fry until golden, 4-5 minutes (shifting occasionally). In the last 1-2 minutes, add the garlic. Remove from the pan and add to the bowl of blistered tomatoes. Set aside.

4. ZESTY CHILLI CAPERS In a bowl, combine the lemon juice, dill, capers and chilli (to taste). Season and set aside.

5. ABOUT THE TROUT Return the pan to medium-high heat. Pat the trout dry with paper towel and lightly coat in cooking spray or oil (optional). 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. Remove from the pan and season.

6. DIVINE DINNER Toss the garlic onions, the blistered baby tomatoes and the salad leaves through the bulgur wheat. Top with the seared trout and drizzle over the lemon-chilli dressing. Dig in, Chef!