Eat Within 2 Days

UCOOK

Trout Ribbon Caesar Salad

with couscous & Italian-style hard cheese

Hands-on Time: 10 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	817kJ	1896kJ
Energy	195kcal	453kcal
Protein	10.6g	24.6g
Carbs	21g	48g
of which sugars	2g	4.6g
Fibre	3.1g	12.3g
Fat	6.7g	15.5g
of which saturated	1.8g	4.1g
Sodium	444mg	1030mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
150g	200g	Cucumber *rinse & roughly dice*
60g	80g	Green Leaves *rinse & roughly shred*
90ml	120ml	Grated Italian-style Hard Cheese
15g	20g	Crispy Onion Bits
3 packs	4 packs	Smoked Trout Ribbons *roughly slice*
120ml	160ml	Caesar Dressing

From Your Kitchen

Seasoning (salt & pepper)
Water

1. LOADED COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the cucumber, the green leaves, the cheese, the crispy onion bits, and seasoning.

2. ABOUT THE TROUT Top the loaded couscous with the trout. Drizzle over the Caesar dressing.