



UCOOK

Smoked Trout & Creamy Herb Dressing

with roasted butternut & chickpeas

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	479.7kJ	3286.3kJ
Energy	114.8kcal	786.2kcal
Protein	4g	27.4g
Carbs	10.2g	69.9g
of which sugars	3.5g	23.9g
Fibre	2g	14g
Fat	5.9g	40.6g
of which saturated	1.2g	8.4g
Sodium	269.5mg	1846.1mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
10ml	20ml	NOMU Italian Rub
60g	120g	Chickpeas <i>drain & rinse</i>
50ml	100ml	Mayo
10g	20g	Capers <i>drain & finely chop</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
15g	30g	Piquanté Peppers <i>drain</i>
20g	40g	Salad Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>
1 unit	2 units	Smoked Trout Ribbons <i>cut into strips</i>

1. BUTTER-NUT FORGET BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, dress the chickpeas with a drizzle of oil and seasoning. When the roast reaches halfway, spread the dressed chickpeas over the veg and return to the oven for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, add the dressed chickpeas.

2. CAPER & CHIVE MAYO In a small bowl, combine the mayo with the capers (to taste) and ½ the chives. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

3. BRING ON THE FRESHNESS In a bowl, combine the cucumber, the peppers, the salad leaves, the feta, a drizzle of olive oil, and seasoning. Set aside.

4. NOW ABOUT THE TROUT Make a bed of the roasted veg and top with the fresh salad. Lay over the trout ribbons and drizzle generously with the caper dressing. Garnish with the remaining chives.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water