



UCOOK

Rainbow Trout & Two Tomato Salads

with golden butternut & sun-dried tomato

Flaky trout fillet is served alongside an array of vibrant roasted vegetables including butternut, onions and radish. Once roasted to golden perfection, these veggies are mixed with sun-dried tomato & pickled pepper. Finished off with a fresh tomato salad, this dish has everything and more!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

750g	Butternut <i>deseeded, peeled & cut into bite-sized chunks</i>
60g	Radish <i>rinsed & cut into halves</i>
2	Tomatoes <i>cut into wedges</i>
2	Red Onions <i>1½ peeled & cut into wedges</i>
3	Rainbow Trout Fillets
30ml	NOMU Seafood Rub
60g	Salad Leaves <i>rinsed</i>
60g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
30g	Pickled Bell Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. ROASTED VEG Preheat the oven to 200°C. Place the butternut chunks, the halved radish, ½ the tomato wedges, and the onion wedges on a roasting tray. Coat in oil, and season. Use two trays if necessary. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. SPICED TROUT When the veg has 10 minutes remaining, pat the trout dry with some paper towel. Coat the flesh in the rub and seasoning. Place a large pan over 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.

3. TOMATO SALAD 2 WAYS In a bowl, combine the remaining tomato wedges, the rinsed salad leaves, a drizzle of oil, and seasoning. When the veg is done roasting, place in a bowl. Add the drained sun-dried tomatoes and the chopped pickled peppers. Toss until fully combined.

4. NO DOUBT THIS TROUT IS DELISH! Plate up the flaky trout. Side with the golden roasted veg and the tomato salad. Dig in, Chef!

Nutritional Information

Per 100g

Energy	284kJ
Energy	68Kcal
Protein	5g
Carbs	7g
of which sugars	3g
Fibre	1.6g
Fat	1.7g
of which saturated	0.3g
Sodium	115mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day