

UCCOOK

Rainbow Trout & Lemon-chilli Dressing

with charred baby tomatoes

Hands-on Time: 40 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	392kj	1892kj
Energy	94kcal	453kcal
Protein	7.2g	34.9g
Carbs	12g	56g
of which sugars	2g	9g
Fibre	2g	11g
Fat	1.9g	9.3g
of which saturated	0.4g	2g
Sodium	67mg	323.3mg

Allergens: Gluten, Allium, Wheat, Sulphites, Fish

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Bulgur Wheat
240g	320g	Baby Tomatoes <i>rinse</i>
2	2	Onions <i>peel & finely slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	Lemon Juice
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30g	40g	Capers <i>drain</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
3	4	Rainbow Trout Fillets
120g	160g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Paper Towel
Seasoning (salt & pepper)
Cooking Spray
Water

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. BLISTERED BABY TOMATOES Place a pan over medium heat with a bit of cooking spray. When hot, fry the baby tomatoes until lightly charred & blistered, 6-8 minutes (shifting occasionally). Remove from the pan, season and set aside.

3. GARLIC & ONION Return the pan to medium heat with a bit of cooking spray if needed. When hot, fry the onion until golden, 6-7 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, the parsley, the capers and chilli (to taste). Season and set aside.

5. ABOUT THE TROUT Return the pan to medium-high heat with a bit of cooking spray. Pat the trout dry with paper towel. 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 leaves through the bulgur wheat. Top with the seared trout and the drizzle over the lemon-chilli dressing. Dig in, Chef!