



# UCOOK

## Smoked Trout & Roasted Brussel Sprouts

with kale, pear & avocado

Brussel sprouts have a bad reputation in many kitchens, usually because of boiling these mini cabbages to oblivion. We show you the right way to bring out their flavour with this trout recipe, featuring golden roasted brussel sprouts, chickpeas & kale, sweet pear, creamy avo, toasted cranberries & sunflower seeds, drizzled with a creamy dressing.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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 Creation Wines | Creation Rosé

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## Ingredients & Prep

|         |  |
|---------|--|
| 400g    | Brussels Sprouts<br><i>rinse &amp; cut in half</i>                               |
| 240g    | Chickpeas<br><i>drain &amp; rinse</i>  |
| 200g    | Kale<br><i>rinse &amp; roughly shred</i>   |
| 40g     | Cranberry & Seed Mix<br><i>(20g Sunflower Seeds &amp; 20g Dried Cranberries)</i> |
| 2       | Avocados   |
| 125ml   | Low Fat Yoghurt Plain  |
| 40ml    | Lemon Juice  |
| 2       | Pears<br><i>rinse, peel, core &amp; thinly slice</i>                             |
| 4 units | Smoked Trout Ribbons<br><i>roughly chop</i>                                      |

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the halved brussels sprouts and the drained chickpeas on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. KALE** Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the brussels sprouts have 8-10 minutes remaining, pop in the tray of dressed kale and roast for the remaining time.

**3. TOAST** Place the cranberry & seed mix in a pan over medium heat. Toast until lightly charred & golden, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. AVO & DRESSING** Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. In a bowl, add ¼ of the avocado, the yoghurt, and the lemon juice (to taste). Mix to combine. Loosen with water in 5ml increments until drizzling consistency. Dice the remaining avocado and season.

**5. TIME TO EAT** Make a bed of the roast veg & chickpeas. Scatter over the sliced pear, the diced avocado, and the chopped trout. Drizzle over the dressing and garnish with the toasted cranberry & seed mix. Indulge, Chef!



## Chef's Tip

Air fryer method: Coat the halved brussels sprouts & rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). In the final 8-10 minutes, scatter over the dressed kale and roast for the remaining time.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 448kj   |
| Energy             | 107kcal |
| Protein            | 4.6g    |
| Carbs              | 10g     |
| of which sugars    | 3.1g    |
| Fibre              | 4.5g    |
| Fat                | 5.5g    |
| of which saturated | 0.9g    |
| Sodium             | 133mg   |

## Allergens

Sulphites, Fish, Cow's Milk

Eat  
Within  
2 Days