



UCOOK

Smoked Trout Quinoa Salad

with **crispy kale & dried cranberries**

Take your quinoa salad game to the next level! This one is loaded with Cajun spices, baby tomatoes & dried cranberries, and scattered with crispy kale & smoked trout. Finished off with a lemon-balsamic dressing and fresh chives.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

300ml	Quinoa <i>rinsed</i>
30ml	NOMU Cajun Rub
150g	Kale <i>rinsed & roughly shredded</i>
75ml	Grated Italian-style Hard Cheese
3 packs	Smoked Trout Ribbons
240g	Baby Tomatoes
60g	Dried Cranberries
120ml	Lemon-balsamic Dressing <i>(60ml Lemon Juice & 60ml Balsamic Reduction)</i>
8g	Fresh Chives <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. QUIRKY QUINOA Preheat the oven to 200°C. Place the rinsed quinoa in a pot with 600ml of salted water and the NOMU rub. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. CHEESE 'N CRISPY While the quinoa is simmering, place the shredded kale on a roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage the kale until softened and coated. Sprinkle over the grated cheese. Pop in the hot oven and roast until crispy, 10-12 minutes.

3. CHOP CHOP! Roughly chop the trout. Rinse and halve the baby tomatoes and roughly chop the dried cranberries.

4. FINAL FLAIR To the pot of cooked quinoa, toss through the halved baby tomatoes, the chopped cranberries, a drizzle of olive oil, and seasoning.

5. SCRUMPTIOUS SALAD Plate up the loaded quinoa salad. Scatter over the chopped trout and the crispy kale. Drizzle over the lemon-balsamic dressing. Garnish with the sliced chives. Look at you, Chef!



Chef's Tip

Air fryer method: Coat the shredded kale in oil, the grated cheese, and seasoning. Air fry at 200°C until crispy, 7-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	806kJ
Energy	193kcal
Protein	8.8g
Carbs	30g
of which sugars	8.1g
Fibre	4.3g
Fat	4.6g
of which saturated	1.1g
Sodium	394.6mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook
within 2
Days