



UCOOK

Smoked Trout & Crispy Croutons

with creamy horseradish sauce

The prettiest summer salad you ever did see! Picture a salad loaded with baby marrow ribbons, cucumber, dill, radish rounds, crispy lentils, crunchy croutons, and poppy seeds. Topped with smoked trout ribbons and drizzled with a crème fraîche & horseradish sauce. Feeling hungry yet, Chef?


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Hellen Mwanza

 Quick & Easy

 Paserene | Bright Chardonnay

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Ingredients & Prep

120g	Tinned Lentils <i>drained & rinsed</i>
1	Burger Bun <i>cut into bite-sized chunks</i>
200g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
100g	Cucumber <i>rinsed & roughly diced</i>
20ml	Lemon Juice
5g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>
10ml	Poppy Seeds
80ml	Creamy Horseradish <i>(60ml Crème Fraîche & 20ml Horseradish Sauce)</i>
80g	Smoked Trout Ribbons

From Your Kitchen

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

1. TOASTED LENTILS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the rinsed lentils until golden and crispy, 6-8 minutes (shifting occasionally). Remove from the pan, season, and set aside.

2. GOLDEN NUGGETS Return the pan to medium heat with a drizzle of oil. When hot, add the bun chunks and fry until golden and crispy, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRESH & CRUNCHY To a salad bowl, add the baby marrow ribbons and the diced cucumber. Toss through the lemon juice, ½ the chopped dill, the radish rounds, ½ the crispy lentils, the croutons, the poppy seeds, a drizzle of olive oil, and seasoning. Set aside.

4. CRÈME-Y DRIZZLE In a small bowl, loosen the creamy horseradish with water in 5ml increments until drizzling consistency. Season and set aside.

5. VOILÀ! Serve up the loaded crouton salad and top with the smoked trout ribbons and the remaining crispy lentils. Drizzle with the horseradish sauce and garnish with the remaining chopped dill. Amazing, Chef!



Chef's Tip

Air fryer method: Coat the rinsed lentils in oil and seasoning. Air fry at 200°C until crispy, 10-12 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	600kj
Energy	144kcal
Protein	7.6g
Carbs	18g
of which sugars	2.9g
Fibre	3.5g
Fat	4.6g
of which saturated	2.3g
Sodium	255.4mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites, Fish

Cook
within 2
Days