



UCCOOK

Smoked Trout Quinoa Salad

with tomato wedges & charred corn

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info	Per 100g	Per Portion
Energy	550kJ	2512kJ
Energy	132kcal	601kcal
Protein	6.5g	29.6g
Carbs	16g	73g
of which sugars	2.5g	11.4g
Fibre	2.1g	9.4g
Fat	4.6g	21.2g
of which saturated	0.6g	2.7g
Sodium	363mg	1659mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Quinoa Mix
150g	200g	Corn
30ml	40ml	NOMU Seafood Rub
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
150ml	200ml	Creamy Yoghurt <i>(90ml [120ml] Low Fat Plain Yoghurt & 60ml [80ml] Mayo)</i>
3	4	Tomatoes <i>rinse & cut into thin wedges</i>
3 units	4 units	Smoked Trout Ribbons <i>roughly slice</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter (optional)

1. QUINOA Place the quinoa in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub and a knob of butter (optional). Remove from the pan and set aside.

3. JUST BEFORE SERVING In a small bowl, combine the dill and the creamy yoghurt. Loosen with water in 5ml increments until a drizzling consistency and add seasoning. In a salad bowl, combine the tomatoes, ½ of the trout, cucumber, corn, quinoa, a drizzle of olive oil, and seasoning.

4. TIME TO EAT Bowl up the loaded quinoa, scatter over the remaining trout, and drizzle over the creamy yoghurt.