



UCOOK

Mediterranean en papillote Trout

with bulgar wheat, olives & basil pesto

Tender, flavour-packed trout en papillote, bursting with Mediterranean flavours of tomato, lemon and pesto. Served with a bulgar wheat salad of olives, tomato and green leaves. A dinner-time feast!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

♥ Health Nut

🍷 Anthonij Rupert | L'Ormarins Blanc de Blancs

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Ingredients & Prep

200ml	Bulgar Wheat
1	Lemon <i>zested</i>
20ml	NOMU One For All Rub
8g	Fresh Thyme <i>rinsed & picked</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Rainbow Trout Fillets
2	Plum Tomatoes <i>½ finely sliced into discs & ½ finely diced</i>
80g	Pitted Green Olives <i>drained & halved</i>
40ml	Pesto Princess Basil Pesto
40g	Spinach <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel
Baking Paper

1. GET FLUFFY Preheat the oven to 200°C. Boil the kettle. Using a shallow bowl, submerge the bulgar wheat in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside.

2. ZESTY FLAVOUR Slice the zested lemons into 4 half moons and cut the remainder into wedges. Place the one for all rub, the picked thyme leaves and the grated garlic in a bowl. Add 2 tsp of oil and the juice of 2 lemon wedges. Season to taste and mix until fully combined.

3. 'EN PAPILLOTE' Pat the trout fillets dry with paper towel and lightly season. Place a fillet in the centre of a piece of tinfoil or baking paper (large enough to wrap around the whole fillet). Coat in the garlic oil. Top with 2 lemon half-moons and 2 tomato discs. Tightly close the tinfoil or baking paper over the fish, sealing it in. Repeat this process with each fillet. Place each parcel on a baking tray and cook in the hot oven for 12-15 minutes until soft and flakey.

4. FINAL TOUCHES Once the bulgar wheat is cooked, toss through the halved olives, the diced tomato, ½ of the basil pesto and the rinsed spinach until wilted. Season to taste.

5. MEAL FOR ROYALTY! Plate a delicious pile of loaded bulgar wheat alongside the trout en papillote. Keep the parcels closed until starting your meal so the tantalising aroma can be inhaled. Sprinkle over the lemon zest and dollop with the remaining basil pesto. Et voilà!



Chef's Tip

The en papillote cooking technique involves cooking something in a paper parcel. It allows the veg and fish to steam together, infusing all the flavours.

Nutritional Information

Per 100g

Energy	630kj
Energy	151Kcal
Protein	9g
Carbs	17g
of which sugars	1.3g
Fibre	3.6g
Fat	5.6g
of which saturated	1g
Sodium	289mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Fish, Tree Nuts

Cook
within 2
Days