



# UCCOOK

## Rainbow Trout & Veg Salad

with roasted beetroot & pickled onions

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Wild Flower Rosé

### Nutritional Info

	Per 100g	Per Portion
Energy	363kJ	1450kJ
Energy	87kcal	347kcal
Protein	8.3g	33.3g
Carbs	4g	17g
of which sugars	1.2g	4.9g
Fibre	1.5g	5.8g
Fat	3.5g	13.9g
of which saturated	1.3g	5.3g
Sodium	237mg	945mg

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

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 1		[Serves 2]
200g	400g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Pickled Onions <i>drain &amp; thinly slice</i>
20g	40g	Danish-style Feta <i>drain &amp; crumble</i>
1	2	Rainbow Trout Fillet/s
5ml	10ml	NOMU Seafood Rub
10ml	20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. BEGIN WITH BEETROOT** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. FETA SALAD** To a salad bowl, combine a drizzle of olive oil, a sweetener (to taste) and add seasoning. Toss through the salad leaves, the pickled onion, and ½ the feta.

**3. NOW ABOUT THAT TROUT...** Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip, baste with the NOMU rub, and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

**4. SO SO-FISH-TICATED!** Serve the roasted beetroot with the flaky trout on the side. Drizzle the lemon juice (to taste) over the fish. Add the dressed salad alongside and garnish with the remaining feta.