



U C O O K

— COOKING MADE EASY

Oh-So-Easy Rainbow Trout

with roast root veg, crispy bacon & honey-mustard dressing

This dish will sweep you off your feet with its goodness! Gorgeous trout fillet laid atop roast beetroot, baby potatoes, and bacon. Add a trickle of honey-mustard dressing and you've met the meal of your dreams. Don't go bacon my heart!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Easy Peasy**

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
150g	Beetroot <i>rinsed, trimmed & cut into bite-size chunks</i>
5ml	NOMU One For All Rub
5ml	Honey
15ml	Wholegrain Mustard
2	Streaky Bacon Slices <i>roughly chopped</i>
1	Trout Fillet
20g	Salad Leaves <i>rinsed</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. ROAST THE ROOTS Preheat the oven to 200°C. Place the halved baby potatoes and beetroot chunks on a roasting tray. Coat in oil, half of the One For All Rub, and some seasoning. Roast in the hot oven for 30-35 minutes, shifting halfway.

2. HONEY-MUSTARD DRESSING Whisk together the honey, the wholegrain mustard, and 1 tbsp of olive oil. (If the honey is too hard to mix, pop it in the microwave for 5-10 seconds before combining.) Gradually whisk in water in 5ml increments until drizzling consistency. Set aside for serving.

3. START BACON! When the roast has about 10 minutes remaining, remove the tray from the oven and scatter over the chopped bacon. Return to the oven for the remaining cooking time. On completion, the bacon should be crunchy, and the beetroot and baby potatoes should be crispy on the outside and soft on the inside.

4. SEAR THE TROUT Pat the trout dry with some paper towel. Coat the flesh in the remaining One For All Rub. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion.

5. THAT WAS OH-SO-EASY! Make a bed of rinsed salad leaves and cover with the roast veggies and crispy bacon. Top with the rainbow trout and garnish with the fresh, chopped chives. Finally, drizzle the honey-mustard dressing over the lot! Excellent work, Chef.



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid tight, and shake, shake, shake! Using a jar emulsifies the dressing much better than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	465kJ
Energy	111Kcal
Protein	7.7g
Carbs	10g
of which sugars	2.2g
Fibre	1.9g
Fat	4.2g
of which saturated	1.1g
Sodium	183mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days