



UCOOK

Divine Smoked Trout Salad

with fresh dill & croutons

Make it as a divine dinner for yourself (because you deserve it!) or as a meal when friends with high expectations are visiting. Either way, this smoked trout salad will impress with crispy garlic croutons, creamy avo, smoked trout ribbons, fresh dill, pickled onion, & a drizzle of balsamic reduction.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage Rosé

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Ingredients & Prep

30g	Croutons
1	Garlic Clove <i>peel & grate</i>
1	Avocado
40g	Salad Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & cut into thin wedges</i>
20g	Pickled Onions <i>drain & thinly slice</i>
1 pack	Smoked Trout Ribbons <i>roughly chop</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
20ml	Balsamic Reduction

From Your Kitchen

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

1. CRUNCHY CROUTONS Toss the croutons in a drizzle of olive oil, the grated garlic, and seasoning. Place a pan over medium heat. When hot, toast the croutons until crispy and warmed through, 1-2 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

2. HAVO SOME AVO Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

3. FLAVOUR & FRESHNESS In a salad bowl, toss together the shredded salad leaves, the tomato wedges, the sliced pickled onions, the garlic croutons, a drizzle of olive oil, and seasoning.

4. NOW, ABOUT THAT TROUT... Bowl up the salad. Top with the avo slices and the smoked trout. Garnish with the chopped dill. Drizzle over the balsamic reduction.

Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	4.3g
Carbs	16g
of which sugars	6g
Fibre	3.3g
Fat	6.4g
of which saturated	1.1g
Sodium	258mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
2 Days