



UCOOK

Trout & Honey-Glazed Butternut

with peas, fresh basil & pecan nuts

A warm and wholesome jumble of sticky, caramelised butternut, red quinoa, and peas. Topped with a fillet of perfectly flaky rainbow trout and finished off with a sprinkle of pecan nuts, fragrant basil, and lemon.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Health Nut

 No paired wines

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
75ml	Red Quinoa
5ml	Vegetable Stock
15g	Pecan Nuts
15ml	Honey
1	Rainbow Trout Fillet
50g	Peas
40g	Green Leaves <i>rinsed</i>
4g	Fresh Basil <i>rinsed & roughly chopped</i>
1	Lemon <i>zested & cut into wedges</i>

From Your Kitchen

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

1. CARAMELISED BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes.

2. FLUFFY QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 200ml of water and stir through. Pop on a lid, place over a medium-high heat, and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot.

3. NUTS & HONEY Place the pecans in a non-stick pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. When the butternut has 10-15 minutes remaining, drizzle over the honey and return to the oven for the remaining time until cooked through and caramelised.

4. NEVER POUT ABOUT TROUT Pat the trout dry with paper towel and season. Return the pan on a medium 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. PEAS & LEAVES When the quinoa is drained, add the peas and cover to steam for 5 minutes. Place the quinoa in a bowl, add the rinsed green leaves, a generous drizzle of olive oil, and ½ of the chopped basil. Finish it off with a squeeze of lemon juice, lemon zest and seasoning to taste.

6. DINNER IS SERVED Make a bed of loaded quinoa, top with caramelised butternut and a slab of perfectly cooked trout, and sprinkle over the toasted pecan nuts. Garnish with a lemon wedge and the remaining basil. Great work, Chef!



Chef's Tip

Grains should be rinsed with cold water before cooking to remove excess starch. This also gets rid of any dirt that gets through during processing. Thus, improves taste, texture, and cleanliness!

Nutritional Information

Per 100g

Energy	554kJ
Energy	132Kcal
Protein	7.3g
Carbs	17g
of which sugars	4.8g
Fibre	2.6g
Fat	3.8g
of which saturated	0.5g
Sodium	82mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days