



UCCOOK

Smoked Trout & Roasted Brussel Sprouts

with kale, pear & avocado

Brussel sprouts have a bad reputation in many kitchens, usually because of boiling these mini cabbages to oblivion. We show you the right way to bring out their flavour with this trout recipe, featuring golden roasted brussel sprouts, chickpeas & kale, sweet pear, creamy avo, toasted cranberries & sunflower seeds, drizzled with a creamy dressing.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Carb Conscious

 Creation Wines | Creation Rosé

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Brussels Sprouts <i>rinse & cut in half</i>
120g	Chickpeas <i>drain & rinse</i>
100g	Kale <i>rinse & roughly shred</i>
20g	Cranberry & Seed Mix <i>(10g Sunflower Seeds & 10g Dried Cranberries)</i>
1	Avocado
60ml	Low Fat Plain Yoghurt
20ml	Lemon Juice
1	Pear <i>rinse, peel, core & thinly slice</i>
2 units	Smoked Trout Ribbons <i>roughly chop</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the halved brussels sprouts and the drained chickpeas on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. When the brussels sprouts have 8-10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

3. TOAST Place the cranberry & seed mix in a pan over medium heat. Toast until lightly charred & golden, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. AVO & DRESSING Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. In a bowl, add ¼ of the avocado, the yoghurt, and the lemon juice (to taste). Mix to combine. Loosen with water in 5ml increments until drizzling consistency. Dice the remaining avocado and season.

5. TIME TO EAT Make a bed of the roast veg & chickpeas. Scatter over the sliced pear, the diced avocado, and the chopped trout. Drizzle over the dressing and garnish with the toasted cranberry & seed mix. Indulge, Chef!



Chef's Tip

Air fryer method: Coat the halved brussels sprouts & rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). In the final 8-10 minutes, scatter over the dressed kale and roast for the remaining time.

Nutritional Information

Per 100g

Energy	448kj
Energy	107kcal
Protein	4.6g
Carbs	10g
of which sugars	3.1g
Fibre	4.5g
Fat	5.5g
of which saturated	0.9g
Sodium	133mg

Allergens

Sulphites, Fish, Cow's Milk

Eat
Within
2 Days