



# UCOOK

## Smoked Trout & Herb Dressing

**with roasted butternut & chickpeas**

Need a secret salad sauce in your culinary repertoire? From now on, this caper & dill mayo will be your go-to for almost any seafood dish. With this recipe, you will be dousing it onto smoky trout ribbons that are resting on an intricate bed of roasted butternut, onion & crispy chickpeas, as well as a feta & piquanté pepper salad.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Hellen Mwanza

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Carb Conscious

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Laborie Estate | Laborie Rosé 2023

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## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; cut 1½ into wedges</i>
180g	Chickpeas <i>drain &amp; rinse</i>
2 units	Plain Tangy Mayo
30g	Capers <i>drain &amp; finely chop</i>
8g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
150g	Cucumber <i>rinse &amp; cut into half-moons</i>
45g	Piquanté Peppers <i>drain</i>
60g	Salad Leaves <i>rinse</i>
90g	Danish-style Feta <i>drain &amp; crumble</i>
3 units	Smoked Trout Ribbons <i>cut into strips</i>

## From Your Kitchen

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

**1. BUTTER-NUT FORGET BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In a bowl, dress the drained chickpeas with a drizzle of oil and seasoning. Set aside.

**2. CAPER & DILL MAYO** In a small bowl, combine the mayo with the chopped capers (to taste) and ½ the chopped dill. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

**3. BRING ON THE FRESHNESS** In a bowl, combine the cucumber half-moons, the drained peppers, the shredded salad leaves, the crumbled feta, a drizzle of olive oil, and seasoning. Set aside.

**4. CRISPY CHICKPEAS** When the roast reaches halfway, spread the dressed chickpeas over the veg and return to the oven for the remaining time.

**5. NOW ABOUT THE TROUT** Make a bed of the roasted veg and top with the fresh salad. Lay over the trout ribbons and drizzle generously with the caper dressing. Garnish with the remaining dill.



## Chef's Tip

Air fryer method: Coat the butternut pieces and onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, add the dressed chickpeas.

## Nutritional Information

Per 100g

Energy	521kJ
Energy	125kcal
Protein	3.9g
Carbs	9g
of which sugars	2.6g
Fibre	1.8g
Fat	7.5g
of which saturated	1.8g
Sodium	234mg

## Allergens

Egg, Allium, Sulphites, Fish, Cow's Milk

Eat  
Within  
2 Days