



UCCOOK

Smoked Trout & Roasted Brussels Sprouts

with kale, pear & avocado

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Pink 3L

Nutritional Info

	Per 100g	Per Portion
Energy	435kJ	3220kJ
Energy	104kcal	770kcal
Protein	3.7g	27.7g
Carbs	11g	82g
of which sugars	4.1g	30.1g
Fibre	4.3g	31.9g
Fat	5.5g	41.1g
of which saturated	0.9g	6.5g
Sodium	101mg	748mg

Allergens: Cow's Milk, Sulphites, Fish

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Brussels Sprouts <i>rinse & cut in half</i>
180g	240g	Chickpeas <i>drain & rinse</i>
30g	40g	Dates & Seed Mix <i>(15g [20g] Pitted Dates & 15g [20g] Sunflower Seeds)</i>
150g	200g	Kale <i>rinse & roughly shred</i>
2	2	Avocados
90ml	125ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice
2	2	Pears <i>peel, core & thinly slice 1½ [2]</i>
3 units	4 units	Smoked Trout Ribbons <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. ROAST Preheat the oven to 200°C. Spread the brussels sprouts and the chickpeas on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. KALE Place the kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the Brussels sprouts have 8-10 minutes remaining, pop in the tray of dressed kale and roast for the remaining time.

3. TOAST Roughly chop the dates. Place the dates & 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 avocados and remove the pips. Peel the skin off, keeping the flesh intact. In a bowl, add ¾ [1] of the avocados, the yoghurt, and the lemon juice (to taste). Mix to combine. Loosen with water in 5ml increments until a drizzling consistency. Dice the remaining avocado and season.

5. TIME TO EAT Make a bed of the roast veg & chickpeas, scatter over the pear, the remaining avocado, and the trout. Drizzle over the dressing and garnish with the toasted dates & seed mix. Indulge, Chef!