



# UCCOOK

## Smoked Trout & Roasted Brussels Sprouts

with kale, pear & avocado

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**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 1	[Serves 2]	
100g	200g	Brussels Sprouts <i>rinse &amp; cut in half</i>
60g	120g	Chickpeas <i>drain &amp; rinse</i>
10g	20g	Dates & Seed Mix <i>(5g [10g] Pitted Dates &amp; 5g [10g] Sunflower Seeds)</i>
50g	100g	Kale <i>rinse &amp; roughly shred</i>
1	1	Avocado
30ml	60ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
1	1	Pear <i>peel, core &amp; thinly slice ½ [1]</i>
1 unit	2 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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. KALE** Place the 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** 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 avocado and remove the pip. Peel the skin off, keeping the flesh intact. In a bowl, add ¼ [½] of the avocado, 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!