



UCOOK

Totally Tasty Trout Piccata

with a creamy lemon sauce & golden pumpkin chunks

Piccata is a simple yet rich Italian sauce made from capers and lemon - we're off to a great start already! We've added garlic and fresh parsley for even more amazing flavour and have served it with flaky trout and golden pumpkin chunks!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Carb Conscious

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-size pieces</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Rainbow Trout Fillet
1	Lemon <i>½ zested & cut into rounds</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Capers <i>drained & roughly chopped</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
10g	Pumpkin Seeds

From Your Kitchen

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

1. THE ROAST Boil the kettle. Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. BOILING BEANS Fill a deep pan with 2-3cm of boiling water, and add a pinch of salt. Once bubbling rapidly, blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain on completion and run under cold water to stop the cooking process.

3. BAKE THE TROUT When the pumpkin has 10-15 minutes remaining, pat the trout dry, season and place onto the baking tray with the pumpkin (or a separate baking tray) skin-side down. Drizzle with oil and place two slices of lemon on top. Pop in the hot oven and roast for the remaining time, until cooked through and tender.

4. PRETTY PICCATA Return the pan to a medium heat with a drizzle of oil and a generous knob of butter (optional). When hot, add the grated garlic, the chopped capers, and the lemon zest (to taste) and fry for 1-2 minutes, until fragrant, shifting constantly. Add the blanched green beans and coat in the piccata sauce. Sprinkle over ¾ of the chopped parsley, and season to taste. Toss the green leaves through some lemon juice and olive oil to taste.

5. I NEVER TROUTED THIS DINNER FOR A SECOND Plate up the golden pumpkin, top with the lemony trout and serve with the piccata green beans and green leaves. Garnish with the remaining parsley and the pumpkin seeds and drizzle over any remaining piccata sauce. Yum!

Nutritional Information

Per 100g

Energy	318kJ
Energy	76Kcal
Protein	6.6g
Carbs	7g
of which sugars	2.4g
Fibre	2.7g
Fat	2.1g
of which saturated	0.5g
Sodium	102mg

Allergens

Allium, Fish

Cook
within 2
Days