Eat Within 2 Days

UCOOK

Trout Carpaccio Salad

with quinoa, radish & fresh dill

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Boschendal | MCC Brut Rosé NV

Nutritional Info	Per 100g	Per Portion
Energy	746kJ	2023kJ
Energy	178kcal	484kcal
Protein	9.7g	26.3g
Carbs	22g	58g
of which sugars	2.4g	6.4g
Fibre	3.4g	9.1g
Fat	6.6g	17.9g
of which saturated	2.1g	5.8g
Sodium	600mg	1627mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Quinoa
15ml	20ml	Wholegrain Mustard
45ml	60ml	White Wine Vinegar
7.5ml	10ml	Dried Chilli Flakes
125ml	160ml	Sour Cream
60g	80g	Green Leaves *rinse & roughly shred*
60g	80g	Radish *rinse & slice into thin rounds*
90g	120g	Pickled Onions *drain & thinly slice*
3 units	4 units	Smoked Trout Ribbons
30g	40g	Capers *drain*
8g	10g	Fresh Dill *rinse, pick & finely chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Sugar/Sweetener/Honey
Water

1. KEEN ON QUINOA Place the quinoa in a pot with 675ml [900ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary).

2. A DUO OF DRESSINGS In a bowl, combine the mustard, white wine vinegar, chilli flakes, sweetener (to taste), and a drizzle of olive oil. Mix until everything is emulsified. Drizzle the dressing over the quinoa, mix it through until everything is well combined, and set the rest aside for later. In a separate bowl, mix the sour cream, ½ the dill, and a splash of water until drizzling consistency. Season and set aside.

3. DILL-ICIOUS! Plate up the quinoa, top with the green leaves, radish, and pickled onion. Layer the trout ribbons on top, scatter the capers (to taste), and drizzle over the creamy dill dressing. Garnish with the remaining dill. Dinner is ready. Enjoy!