



# UCOOK

## Rainbow Trout & Root Veg

**with roasted beetroot, butternut & chickpeas**

A carb conscious indulgence. Crispy-skinned rainbow trout fillet served with vibrant roasted root veg. It is sided with a parsley salad tossed in rocket pesto. A final crunch of pumpkin seeds finishes off this fabulous dish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 Carb Conscious

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 Leopard's Leap | Culinaria Pinot Noir

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## Ingredients & Prep

|       |  |
|-------|--|
| 250g  | Butternut<br><i>peeled (optional),<br/>deseeded &amp; cut into<br/>bite-sized chunks</i> |
| 60g   | Chickpeas<br><i>drained &amp; rinsed</i>   |
| 200g  | Beetroot<br><i>trimmed, peeled (optional)<br/>&amp; cut into bite-sized chunks</i>       |
| 5ml   | NOMU One for All   |
| 10g   | Pumpkin Seeds  |
| 7.5ml | Pesto Princess Rocket<br>Pesto   |
| 20g   | Salad Leaves<br><i>rinsed</i>  |
| 4g    | Fresh Parsley<br><i>rinsed &amp; roughly chopped</i>                                     |
| 125g  | Rainbow Trout Fillet   |

## From Your Kitchen

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

**1. RAINBOW VEG** Preheat the oven to 200°C. Spread out the butternut chunks, drained chickpeas, and the beetroot chunks on a roasting tray. Coat in oil, the rub, and a little seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. TOASTED SEEDS** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

**3. PESTO SALAD** Loosen the rocket pesto with water or oil in 5ml increments until drizzling consistency. In a bowl, combine the rinsed salad leaves,  $\frac{3}{4}$  of the chopped parsley, and  $\frac{1}{2}$  the loosened pesto. Toss until coated, season to taste, and set aside.

**4. TROUT TIME** Pat the trout dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion.

**5. RAINBOW VEGGIES + RAINBOW TROUT** Serve up a generous portion of crisp roasted veggies and side with the trout. Drizzle with the remaining pesto (to taste). Sprinkle the toasted pumpkin seeds over the salad and serve it on the side. Garnish with the remaining parsley. Grub's up, Chef!



## Chef's Tip

To make sure your vegetables get crispy, spread them out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 370kJ  |
| Energy             | 89kcal |
| Protein            | 6.1g   |
| Carbs              | 8g     |
| of which sugars    | 1.5g   |
| Fibre              | 2.3g   |
| Fat                | 2.3g   |
| of which saturated | 0.4g   |
| Sodium             | 69mg   |

## Allergens

Egg, Dairy, Allium, Fish, Tree Nuts

Cook  
within 2  
Days