



UCOOK

Mpho's Stylish Chermoula Trout

with pumpkin seed gremolata, feta & a charred corn salad


A light yet filling dinner, full of punchy flavour. Chermoula is salty, tart, earthy, and fresh, and it transforms any dish. Here, it infuses a beautiful trout fillet, perched atop fluffy bulgur wheat and dotted with crunchy seed and mint gremolata.


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Mpho Deane

 Easy Peasy

 Delheim Wines | Sauvignon Blanc

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Ingredients & Prep

1	Corn On The Cob <i>silks removed</i>
10g	Pumpkin Seeds
100ml	Bulgur Wheat
5ml	Vegetable Stock
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Mint <i>rinsed, picked & finely chopped</i>
1	Lemon <i>one ½ zested & cut into wedges</i>
1	Rainbow Trout Fillet
15ml	Pesto Princess Chermoula Paste
20g	Salad Leaves <i>rinsed</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. CORN ON THE COB Preheat the oven to 220°C on the grill setting. Place the desilked corn on a baking tray. Grill in the hot oven for 15-20 minutes, turning as it chars. Once cooked, remove from the oven and set aside to cool. Turn the grill off and the oven onto the regular roasting setting at 220°C.

2. WHILE THE CORN IS ROASTING... Boil the kettle. Place the seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and brown. Remove from the pan on completion and set aside to cool. Using a bowl, submerge the bulgur wheat and stock in 100ml of boiling water. Add a drizzle of oil and stir through. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff with a fork on completion, replace the plate, and set aside for serving.

3. CRUNCHY PUMPKIN SEED GREMOLATA When the seeds are cool enough to handle, finely chop and place in a small bowl. Add in 10ml of olive oil, the grated garlic, ½ of the chopped mint, a squeeze of lemon juice, and some zest. Mix well to combine, season, and set aside for serving.

4. SEAR & SPICE THE TROUT Pat the trout dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for a minute until the skin is crisped but the flesh is not cooked through. Remove on completion, keeping the pan on the heat. Peel off the skin, return it to the pan, and set the flesh aside in a baking tray. Fry the skin for 3-4 minutes per side until crispy. Set aside to drain on paper towel. Loosen the chermoula with 15ml of olive oil and pour over the flesh. Bake in the oven for 5-8 minutes until cooked to your preference.

5. A COLOURFUL SALAD When the corn is cool, slice off the kernels. Place in a salad bowl with the rinsed salad leaves and halved baby tomatoes. Toss together with 5ml of olive oil, a squeeze of lemon juice, and some seasoning. Roughly chop the trout skin.

6. TIME TO DINE Make a bed of bulgur, top with the chermoula trout, and pour over any tray juices. Sprinkle with the gremolata and crumble over the drained feta. Garnish with the crispy skin, the remaining mint, and any remaining lemon wedges. Serve the charred corn salad on the side and get stuck in!

Nutritional Information

Per 100g

Energy	651kJ
Energy	156Kcal
Protein	9.5g
Carbs	18g
of which sugars	1.8g
Fibre	3.3g
Fat	5.5g
of which saturated	1.9g
Sodium	277mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 2
Days