



U C O O K

— COOKING MADE EASY

Rainbow Trout & Salad Niçoise

with Kalamata olives, broad beans & crispy baby potatoes

A French salad niçoise is already a class act with its olives, baby tomatoes, fresh herbs, vinaigrette, and fava (or broad) beans. Add roast baby potatoes and a soft, flakey trout fillet and it's a thing of true beauty!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Health Nut**

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
2g	Fresh Thyme <i>rinsed & picked</i>
20ml	Vinaigrette <i>(15ml Cabernet Sauvignon Vinegar & 5ml Honey)</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
250g	Broad Beans
125g	Rainbow Trout Fillet
25g	Pitted Kalamata Olives <i>drained & chopped</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. GOLDEN NEW POTATOES Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season to taste, and spread out in a single layer. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside. At the halfway mark, give them a shift and scatter the rinsed thyme leaves over the tray. Return to the oven for the remaining cooking time.

2. MARINATE THE TOMATOES Place the vinaigrette and 2 tsp of olive oil in a salad bowl. Toss through the halved baby tomatoes and set aside to marinate.

3. BUBBLING BROAD BEANS Boil the kettle and ready a bowl of ice-cold water. Discard the outer pods of the broad beans. Place a deep pan over a medium-high heat and fill with boiling water. Once boiling rapidly, cook the shelled beans for 3 minutes until tender. Remove from the heat, drain, and place in the bowl of cold water for about a minute (this will stop the cooking process). Once cooled, drain again and gently squeeze out each bean, discarding its skin. Return the skinned beans to the bowl, add a drizzle of oil, and season to taste. Toss until coated and set aside for serving.

4. SEAR THE RAINBOW TROUT When the roast potatoes have 5 minutes remaining, dry the pan and return it to a medium-high heat with a drizzle of oil. Pat the trout dry with some paper towel and season. When the pan is 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 to your preference. Remove from the pan on completion.

5. TANGY SALAD NIÇOISE When the roast potatoes are ready, add them to the bowl of marinated baby tomatoes. Toss together with the chopped olives and the rinsed salad leaves until coated in vinaigrette and evenly distributed.

6. FRESH & FRENCH Dish up some scrumptious salad niçoise, scatter over the dressed broad beans, and top with the tender trout fillet. There you go, Chef — it's just that easy!

Nutritional Information

Per 100g

Energy	367kJ
Energy	88Kcal
Protein	6.6g
Carbs	10g
of which sugars	4.8g
Fibre	3.2g
Fat	1.6g
of which saturated	0.3g
Sodium	56mg

Allergens

Sulphites, Fish

Cook
within 2
Days