



UCOOK

Spicy Trout & Bulgur Salad

with toasted almonds & charred corn

Give a high-five for bulgur, Chef! Free from cholesterol, high in fibre & manganese but low in sodium, this grain ticks all the nutritional boxes. The best news is that it isn't healthy over hearty, as you'll see when you enjoy a mouthful of nutty bulgur loaded with charred corn, cucumber & mint. Top this with cayenne pepper-spiced trout, drizzle over minty yoghurt, and finish with toasted almonds.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Jade Summers

 Fan Faves

 Paul Cluver | Village Chardonnay 2022

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Ingredients & Prep

75ml	Bulgur Wheat
5g	Almonds <i>roughly chop</i>
50g	Corn
1	Rainbow Trout Fillet
2,5ml	Cayenne Pepper
50g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
30ml	Low Fat Plain Yoghurt
10ml	Lemon Juice

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. YES, ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. NOW, ABOUT THAT TROUT... Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel and coat with the cayenne pepper (to taste). When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

5. LOAD IT UP WITH FLAVOUR To a bowl, add the cooked bulgur, the charred corn, the diced cucumber, ½ the chopped mint, and seasoning. In a separate bowl, combine the yoghurt, the lemon juice (to taste), and the remaining mint. Loosen with water in 5ml increments until drizzle consistency and season.

6. ALL TOGETHER NOW Plate up the loaded bulgur, top with the spicy trout, drizzle over the yoghurt dressing, and scatter over the toasted nuts.

Nutritional Information

Per 100g

Energy	656kJ
Energy	157kcal
Protein	11.3g
Carbs	20g
of which sugars	1.1g
Fibre	3.6g
Fat	3.7g
of which saturated	0.7g
Sodium	23mg

Allergens

Gluten, Wheat, Fish, Tree Nuts, Cow's Milk

Cook
within 2
Days