



# UCOOK

## Smoked Trout Quinoa Salad

with crispy kale & dried cranberries

Take your quinoa salad game to the next level! This one is loaded with Cajun spices, baby tomatoes & dried cranberries, and scattered with crispy kale & smoked trout. Finished off with a lemon-balsamic dressing and fresh chives.

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

100ml	Quinoa <i>rinsed</i>
10ml	NOMU Cajun Rub
50g	Kale <i>rinsed &amp; roughly shredded</i>
25ml	Grated Italian-style Hard Cheese
1 pack	Smoked Trout Ribbons
80g	Baby Tomatoes
20g	Dried Cranberries
40ml	Lemon-balsamic Dressing <i>(20ml Lemon Juice &amp; 20ml Balsamic Reduction)</i>
3g	Fresh Chives <i>rinsed &amp; finely sliced</i>

## From Your Kitchen

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

**1. QUIRKY QUINOA** Preheat the oven to 200°C. Place the rinsed quinoa in a pot with 200ml of salted water and the NOMU rub. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**2. CHEESE 'N CRISPY** While the quinoa is simmering, place the shredded kale on a roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage the kale until softened and coated. Sprinkle over the grated cheese. Pop in the hot oven and roast until crispy, 8-10 minutes.

**3. CHOP CHOP!** Roughly chop the trout. Rinse and halve the baby tomatoes and roughly chop the dried cranberries.

**4. FINAL FLAIR** To the pot of cooked quinoa, toss through the halved baby tomatoes, the chopped cranberries, a drizzle of olive oil, and seasoning.

**5. SCRUMPTIOUS SALAD** Plate up the loaded quinoa salad. Scatter over the chopped trout and the crispy kale. Drizzle over the lemon-balsamic dressing. Garnish with the sliced chives. Look at you, Chef!



## Chef's Tip

Air fryer method: Coat the shredded kale in oil, the grated cheese, and seasoning. Air fry at 200°C until crispy, 7-10 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	806kJ
Energy	193kcal
Protein	8.8g
Carbs	30g
of which sugars	8.1g
Fibre	4.3g
Fat	4.6g
of which saturated	1.1g
Sodium	394.6mg

## Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook  
within 2  
Days