



UCCOOK

Doos' Pecan Crusted Trout

with roasted beetroot

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Doos Winery

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	451kJ	2066kJ
Energy	108kcal	494kcal
Protein	6.5g	30g
Carbs	8g	38g
of which sugars	4.1g	18.7g
Fibre	2.2g	10.2g
Fat	5.1g	23.3g
of which saturated	0.6g	2.8g
Sodium	178mg	816mg

Allergens: Sulphites, Fish, Tree Nuts, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3

[\[Serves 4\]](#)

450g	600g	Beetroot Chunks
30ml	40ml	NOMU Does Everything
3	4	Rainbow Trout Fillets
30g	40g	Pecan Nuts <i>finely chop</i>
120g	160g	Salad Leaves <i>rinse</i>
2	2	Apples <i>cut in half & thinly slice 1½</i> [2]
90ml	125ml	Honey Mustard Dressing
30g	40g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Water

1. UN-BEET-ABLE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil, ½ the NOMU rub and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TROUT WITH A TWIST Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. Coat the trout with the chopped pecan pieces and the remaining NOMU rub. 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.

3. APPLE SALAD Place the salad leaves in a bowl, add the sliced apple and cover with honey mustard dressing. Finish with the cranberries and toss together.

4. FRESH & FLAVOURFUL Plate up the trout with the roast beetroot and side with the dressed salad. Enjoy, Chef.