



UCCOOK

Rainbow Trout & Veg Salad

with roasted beetroot & pickled onions

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 363kJ | 1450kJ |
| Energy | 87kcal | 347kcal |
| Protein | 8.3g | 33.3g |
| Carbs | 4g | 17g |
| of which sugars | 1.2g | 4.9g |
| Fibre | 1.5g | 5.8g |
| Fat | 3.5g | 13.9g |
| of which saturated | 1.3g | 5.3g |
| Sodium | 237mg | 945mg |

Allergens: Cow's Milk, Allium, Sulphites, Fish

Eat Within 1 Day

Ingredients & Prep Actions:

| Serves 1 | | [Serves 2] |
|----------|------|--|
| 200g | 400g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20g | 40g | Pickled Onions <i>drain & thinly slice</i> |
| 20g | 40g | Danish-style Feta <i>drain & crumble</i> |
| 1 | 2 | Rainbow Trout Fillet/s |
| 5ml | 10ml | NOMU Seafood Rub |
| 10ml | 20ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. BEGIN WITH BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. FETA SALAD To a salad bowl, combine a drizzle of olive oil, a sweetener (to taste) and add seasoning. Toss through the salad leaves, the pickled onion, and ½ the feta.

3. NOW ABOUT THAT TROUT... Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip, baste with the NOMU rub, and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

4. SO SO-FISH-TICATED! Serve the roasted beetroot with the flaky trout on the side. Drizzle the lemon juice (to taste) over the fish. Add the dressed salad alongside and garnish with the remaining feta.