



U C O O K

— COOKING MADE EASY

OMEGA-RICH RAINBOW TROUT

with fragrant green lentils & julienne beetroot

Pump up dinnertime with a protein-packed feast! Rainbow trout fillet infused with fresh dill and lemon, laid on a generous mound of green lentils brimming with spinach, garlic, and fresh parsley.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

5ml	Vegetable Stock
1	Onion <i>one half peeled & diced</i>
1	Garlic Clove <i>peeled & grated</i>
80ml	Le Puy Green Lentils <i>rinsed</i>
2g	Dill <i>rinsed & finely chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
1	Rainbow Trout Fillet
40g	Spinach <i>rinsed & roughly chopped</i>
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
75g	Julienne Beetroot

From Your Kitchen

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

1. COOK THE LENTILS Boil the kettle. Dilute the stock with 350ml of boiling water. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for about a minute until fragrant. Add the rinsed green lentils, stir in the diluted stock, and bring to a simmer. Cook (without a lid) for 15-20 minutes until al dente, stirring occasionally. If it starts to dry out, add more water to continue the cooking process.

2. LEMON & DILL MARINADE Place three-quarters of the chopped dill in a shallow dish. Add some lemon zest to taste, the juice from 1 lemon wedge, and 1 tsp of oil. Season to taste and mix to combine. Pop the trout fillet in the dish, evenly coat, and set aside to marinate for at least 10 minutes.

3. SAUTÉ THE SPINACH Place a nonstick pan over a medium heat with a small drizzle of oil. When hot, sauté the chopped spinach for 2-3 minutes until wilted. Remove the pan from the heat on completion. When the lentils are cooked, stir through the sautéed spinach and chopped parsley. Season to taste, remove from the heat, and pop on a lid. Set aside to keep warm while frying the trout.

4. TERRIFIC TROUT Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes. Once the skin is crispy, baste the fillet with some of the marinade left in the dish. Flip, and fry for a further 30-60 seconds or until cooked to your preference. Remove from the pan on completion.

5. TUCK IN Dish up a pile of nutritious lentils and spinach. Sprinkle with some fresh julienne beetroot and top with the zesty trout. Garnish with the remaining chopped dill and a sprinkle of lemon zest to taste. Don't forget to place a lemon wedge on the side! Delicious and nutritious.



Chef's Tip

Trout is one of the few non-sun sources of vitamin D. It helps immune cells to fight off infections, so tuck into that nourishing trout whenever you can!

Nutritional Information

Per 100g

Energy	478kj
Energy	114Kcal
Protein	11.2g
Carbs	13g
of which sugars	2.8g
Fibre	3.2g
Fat	2.2g
of which saturated	0.4g
Sodium	183mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days