



Eat Within 2 Days

UCCOOK

Creamy Herb Dressing & Smoked Trout

with roasted butternut & chickpeas

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Hellen Mwanza

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

Nutritional Info

	Per 100g	Per Portion
Energy	464kJ	3227kJ
Energy	111kcal	772kcal
Protein	3.9g	26.7g
Carbs	10g	68g
of which sugars	3.4g	23.4g
Fibre	1.8g	12.3g
Fat	5.7g	39.4g
of which saturated	1.2g	8.2g
Sodium	234mg	1584mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
180g	240g	Chickpeas <i>drain & rinse</i>
150ml	200ml	Mayo
30g	40g	Capers <i>drain & finely chop</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
45g	60g	Piquanté Peppers <i>drain</i>
60g	80g	Salad Leaves <i>rinse</i>
90g	120g	Danish-style Feta <i>drain & crumble</i>
3 units	4 units	Smoked Trout Ribbons <i>cut into strips</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BUTTER-NUT FORGET BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In a bowl, dress the chickpeas with a drizzle of oil and seasoning. Set aside. Alternatively, air fry at 200°C until crispy, 25-30 minutes. Add the chickpeas at the halfway mark.

2. CAPER & SPRING ONION MAYO In a small bowl, combine the mayo with the capers (to taste) and ½ the spring onion. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

3. BRING ON THE FRESHNESS In a bowl, combine the cucumber, the peppers, the salad leaves, the feta, a drizzle of olive oil, and seasoning. Set aside.

4. CRISPY CHICKPEAS When the roast reaches halfway, spread the dressed chickpeas over the veg and return to the oven for the remaining time.

5. NOW ABOUT THE TROUT Make a bed of the roasted veg and top with the fresh salad. Lay over the trout ribbons and drizzle generously with the caper dressing. Garnish with the remaining spring onion.