

UCCOOK

Rainbow Trout & Lemon-chilli Dressing

with charred baby tomatoes

Hands-on Time: 40 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	428.9kJ	1747.9kJ
Energy	102.6kcal	418.2kcal
Protein	8.4g	34.2g
Carbs	12.1g	49.3g
of which sugars	1.3g	5g
Fibre	2.3g	9g
Fat	2.3g	9.2g
of which saturated	0.5g	2g
Sodium	76.8mg	313.1mg

Allergens: Sulphites, Fish, Gluten, Wheat, Allium

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Bulgur Wheat
240g	320g	Baby Tomatoes <i>rinse</i>
2	2	Onions <i>peel & finely slice ½ [1]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	Lemon Juice
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
30g	40g	Capers <i>drain & roughly chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
3	4	Rainbow Trout Fillets
120g	160g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. BLISTERED BABY TOMATOES Place a pan over medium heat. When hot, add the baby tomatoes and lightly coat in cooking spray. Fry until lightly charred and blistered, 6-8 minutes (shifting occasionally). Remove from the pan, reserving any pan juices behind in the pan. Season and set aside.

3. GARLIC & ONION Return the pan to medium heat. When hot, add the onion (coat in more cooking spray if necessary) and fry until golden, 6-7 minutes (shifting occasionally). In the last 1-2 minutes, add the garlic. Remove from the pan and add to the bowl of blistered tomatoes. Set aside.

4. ZESTY CHILLI CAPERS In a bowl, combine the lemon juice, dill, capers and chilli (to taste). Season and set aside.

5. ABOUT THE TROUT Return the pan to medium-high heat. Pat the trout dry with paper towel and lightly coat in cooking spray. 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.

6. DIVINE DINNER Toss the garlic onions, the blistered baby tomatoes and the salad leaves through the bulgur wheat. Top with the seared trout and drizzle over the lemon-chilli dressing. Dig in, Chef!