



UCOOK

Cathedral Cellar's Smoked Trout Salad

with baby marrow, carrot & raisins

Even the harshest critic would have to give you a raving review for this stunning meal, Chef! A citrusy homemade orange vinaigrette coats earthy green beans, carrot & baby marrow ribbons, sweet raisins, fresh greens & smoked trout. Pair with the recommended Cathedral Cellar wine for an unforgettable dinner.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Cathedral Cellar

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay

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Ingredients & Prep

1	Spring Onion <i>rinse, trim & finely slice</i>
40ml	Orange Vinaigrette <i>(25ml Orange Juice, 10ml Balsamic Vinegar & 5ml Dijon Mustard)</i>
15g	Walnuts <i>roughly chopped</i>
80g	Green Beans <i>rinse & slice into thirds</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
100g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
1 pack	Smoked Trout Ribbons <i>roughly slice</i>
20g	Green Leaves <i>rinse & roughly shred</i>
10g	Raisins <i>roughly chop</i>

From Your Kitchen

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

1. O-YUM ORANGE VINAIGRETTE In a small bowl, combine the sliced spring onions with the orange vinaigrette, 10ml of olive oil, and seasoning. Set aside in the fridge.

2. WOW WITH WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO-GO GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 3-4 minutes (shifting occasionally). Remove from the pan and season.

4. FLAVOURFUL FRESHNESS In a salad bowl, combine the ribboned veggies, the charred beans, ½ of the trout, the rinsed green leaves, and ½ of the orange vinaigrette.

5. SENSATIONAL SALAD Bowl up the salad, scatter over the remaining trout, the toasted nuts, and the chopped raisins. Drizzle over the remaining dressing and dig in, Chef!

Nutritional Information

Per 100g

Energy	316kJ
Energy	75kcal
Protein	3.9g
Carbs	9g
of which sugars	5.3g
Fibre	2.4g
Fat	3g
of which saturated	0.4g
Sodium	172mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Eat
Within
2 Days