



UCOOK

Trout Ribbon Caesar Salad

with couscous & Italian-style hard cheese

Imagine a trout salad but bumped up with couscous for a filling and satisfying lunch. Fluffy grains of couscous are dotted with cucumber, crispy onion bits, fresh greens & grated cheese to form the flavour foundation for smoked trout ribbons. A creamy Caesar dressing makes this dish very easy to dive into, Chef!

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

| | |
|--------|--|
| 75ml | Couscous |
| 50g | Cucumber <i>rinse & roughly dice</i> |
| 20g | Green Leaves <i>rinse & roughly shred</i> |
| 30ml | Grated Italian-style Hard Cheese |
| 15ml | Crispy Onion Bits |
| 1 pack | Smoked Trout Ribbons <i>roughly slice</i> |
| 40ml | Creamy Caesar Dressing |

From Your Kitchen

Water
Seasoning (salt & pepper)

1. LOADED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 75ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the diced cucumber, the shredded green leaves, the grated cheese, the crispy onion bits, and seasoning.

2. ABOUT THE TROUT Top the loaded couscous with the sliced trout. Drizzle over the Caesar dressing.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 841kj |
| Energy | 201kcal |
| Protein | 10.5g |
| Carbs | 21g |
| of which sugars | 2g |
| Fibre | 2.5g |
| Fat | 7.1g |
| of which saturated | 1.9g |
| Sodium | 445mg |

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
2 Days