



U^{COOK}

Cucumber & Trout Toast

with tangy mayo

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	921.9kJ	2396.9kJ
Energy	220.4kcal	573.1kcal
Protein	7.6g	19.9g
Carbs	26.8g	69.7g
of which sugars	2.8g	7.4g
Fibre	1.2g	3g
Fat	9.7g	25.1g
of which saturated	0.9g	2.4g
Sodium	593.7mg	1543.6mg

Allergens: Gluten, Wheat, Sulphites, Fish

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 slices	8 slices	Sourdough Bread
3 packs	4 packs	Smoked Trout Ribbons <i>roughly dice</i>
150g	200g	Cucumber <i>rinse & roughly chop</i>
125ml	160ml	Mayo
40g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **MAKE (A) TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **TASTY TROUT** To a bowl, combine the trout, cucumber, mayo, and seasoning.
3. **SO FANCY, CHEF!** Top one slice of toast with the green leaves and the trout mayo. Close up and dig in!