



WCOOK

White Bean & Smoked Trout Salad

with honey mustard dressing

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

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

Nutritional Info	Per 100g	Per Portion
Energy	350.5kJ	1395.5kJ
Energy	83.9kcal	334.2kcal
Protein	4.5g	17.9g
Carbs	6.9g	27.5g
of which sugars	3.1g	12.4g
Fibre	1.5g	5.8g
Fat	7.4g	29.6g
of which saturated	1.5g	6.1g
Sodium	341.4mg	1359.3mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]		
60g	80g	Danish-style Feta <i>drain</i>
3 packs	4 packs	UCOOK Honey Mustard Dressing
15g	20g	Crispy Onion Bits
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
2	2	Tomatoes <i>rinse & slice 1½ [2] into thin wedges</i>
3 packs	4 packs	Smoked Trout Ribbons <i>roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey

1. BEAN THERE, DONE THAT Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the cannellini beans until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

2. ADD THE COLOUR In a bowl, toss together the salad leaves, tomato, cucumber, feta, beans, a drizzle of olive oil, and seasoning.

3. TASTY TROUT SALAD Plate up the dressed salad, and drizzle over the dressing. Scatter over the onion bits, and top with the trout.