



# UCOOK

## Stettyn's Smoked Trout Salad

**with couscous & a creamy pesto sauce**

When you have the right ingredients, you can make any type of salad a luxurious eating experience. The proof is in the loaded couscous, dotted with fresh dill, cucumber, greens & piquanté peppers, and topped with smoky trout ribbons. A creamy Pesto Princess Basil & Lemon Pesto sauce makes all this wonderful freshness & flavour shine.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 3 People


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**Chef:** Stettyn Winery

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Quick & Easy

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 Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir 2023

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## Ingredients & Prep

225ml	Couscous <i>rinse</i>
150g	Cucumber <i>rinse &amp; roughly dice</i>
60g	Green Leaves <i>rinse &amp; roughly shred</i>
60g	Piquanté Peppers <i>drain</i>
8g	Fresh Dill <i>rinse &amp; roughly chop</i>
3 units	Smoked Trout Ribbons <i>roughly chop</i>
210ml	Creamy Pesto <i>(60ml Pesto Princess Basil &amp; Lemon Pesto &amp; 150ml Crème Fraîche)</i>
30g	Almonds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. COOK THE COUSCOUS** Boil the kettle. Place the couscous in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. PREPARATION STATION** While the couscous is steaming, prep the cucumber, the green leaves, the peppers, the dill, and the trout ribbons as specified in the ingredient table. In a small bowl, loosen the creamy pesto with water in 5ml increments until drizzling consistency.

**3. LOAD THE SALAD** In a salad bowl, toss together the cooked couscous, the diced cucumber, the shredded green leaves, the drained peppers, ½ the chopped dill, a drizzle of olive oil, and seasoning.

**4. SENSATIONAL SALAD** Serve up the loaded couscous salad and top with the chopped smoked trout ribbons. Drizzle over the loosened creamy pesto and garnish with the remaining chopped dill (to taste). Scatter over the almonds. Amazing, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	999kJ
Energy	239kcal
Protein	8.5g
Carbs	19g
of which sugars	3.5g
Fibre	3g
Fat	13g
of which saturated	5.3g
Sodium	320.9mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts, Cow's Milk

Eat  
Within  
2 Days