



UCOOK

Rainbow Trout & Root Veg

with roasted beetroot, butternut & chickpeas

A carb conscious indulgence. Crispy-skinned rainbow trout fillet served with vibrant roasted root veg. It is sided with a parsley salad tossed in rocket pesto. A final crunch of pumpkin seeds finishes off this fabulous dish!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Tess Witney

 Carb Conscious

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

750g	Butternut <i>peeled (optional), deseeded & cut into bite-sized chunks</i>
180g	Chickpeas <i>drained & rinsed</i>
600g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
15ml	NOMU One for All
30g	Pumpkin Seeds
22.5ml	Pesto Princess Rocket Pesto
60g	Salad Leaves <i>rinsed</i>
12g	Fresh Parsley <i>rinsed & roughly chopped</i>
375g	Rainbow Trout Fillets

From Your Kitchen

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

1. RAINBOW VEG Preheat the oven to 200°C. Spread out the butternut chunks, drained chickpeas and beetroot chunks on a roasting tray. Coat in oil, the rub, and a little seasoning to taste. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TOASTED SEEDS Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. PESTO SALAD Loosen the rocket pesto with water or oil in 5ml increments until drizzling consistency. In a bowl, combine the rinsed salad leaves, $\frac{3}{4}$ of the chopped parsley, and $\frac{1}{2}$ the loosened pesto. Toss until coated, season to taste, and set aside.

4. TROUT TIME Pat the trout dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion.

5. RAINBOW VEGGIES + RAINBOW TROUT Serve up a generous portion of crisp roasted veggies and side with the trout. Drizzle with the remaining pesto (to taste). Sprinkle the toasted pumpkin seeds over the salad and serve it on the side. Garnish with the remaining parsley. Grub's up, Chef!



Chef's Tip

To make sure your vegetables get crispy, spread them out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

Nutritional Information

Per 100g

Energy	370kJ
Energy	89kcal
Protein	6.1g
Carbs	8g
of which sugars	1.5g
Fibre	2.3g
Fat	2.3g
of which saturated	0.4g
Sodium	69mg

Allergens

Egg, Dairy, Allium, Fish, Tree Nuts

Cook
within 2
Days