



UCOOK

Roast Butternut & Rainbow Trout

with a fresh green salad & toasted almonds

Perfectly pan-fried trout fillet is served alongside oven-roasted butternut half-moons, and an almond & feta salad. Finished off with lemon juice and you have yourself an easy-peasy weeknight dinner. Let's dive in, Chef!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Strandveld | First Sighting Rosé

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Ingredients & Prep

750g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into half-moons</i>
30g	Almonds <i>roughly chopped</i>
30ml	Lemon Juice
60g	Salad Leaves <i>rinsed & roughly shredded</i>
3	Rainbow Trout Fillets
60g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

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

3. SALAD In a salad bowl, combine ½ the lemon juice with a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, ½ the toasted nuts, and seasoning. Set aside.

4. TROUT Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan and season.

5. PLATE Plate up the roasted butternut half-moons and side with the fresh green salad. Crumble the drained feta over the salad. Serve the rainbow trout alongside and drizzle with the remaining lemon juice. Garnish it all with the remaining toasted nuts.



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	436kJ
Energy	104kcal
Protein	8.1g
Carbs	7g
of which sugars	1.5g
Fibre	1.5g
Fat	4.3g
of which saturated	1.3g
Sodium	58mg

Allergens

Dairy, Fish, Tree Nuts

Cook
within 2
Days