



UCCOOK

Roasted Brussel Sprouts & Smoked Trout

with kale, pear & avocado

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Pintoage Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	436kJ	3228kJ
Energy	104kcal	772kcal
Protein	3.7g	27.6g
Carbs	11g	82g
of which sugars	3.8g	28g
Fibre	4.4g	32.6g
Fat	5.6g	41.1g
of which saturated	0.9g	6.5g
Sodium	101mg	748mg

Allergens: Cow's Milk, Sulphites, Fish

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Brussels Sprouts <i>rinse & cut in half</i>
60g	120g	Chickpeas <i>drain & rinse</i>
50g	100g	Kale <i>rinse & roughly shred</i>
10g	20g	Cranberry & Seed Mix <i>(5g [10g] Sunflower Seeds & 5g [10g] Dried Cranberries)</i>
1	1	Avocado <i>roughly dice ½ & thinly slice the other ½</i>
30ml	60ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
1	1	Pear <i>rinse, peel, core & cut ½ [1] into wedges</i>
1 unit	2 units	Smoked Trout Ribbons <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROAST Preheat the oven to 200°C. Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Spread the brussels sprouts and the chickpeas on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the roast has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). In the final 8-10 minutes, scatter over the dressed kale and roast for the remaining time.

2. TOAST Place the cranberry & seed mix in a pan over medium heat. Toast until lightly charred & golden, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. AVO & DRESSING Place the avo in a bowl. Mash it with a fork. Add the yoghurt, and the lemon juice (to taste) and some seasoning. Mix to combine. Loosen with water in 5ml increments until drizzling consistency. Dice the remaining avocado, season and set aside.

4. TIME TO EAT Make a bed of the roast veg & chickpeas, scatter over the pear, the avocado slices, and the trout. Drizzle over the dressing and garnish with the cranberry and seed mix. Indulge, Chef!