

# U COOK

## Smoked Trout Quinoa Salad

with baby tomatoes & charred corn

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	579.9kJ 138.7kcal	2360.7kJ 564.8kcal
Protein	6.1g	24.8g
Carbs	17.6g	71.6g
of which sugars	2.2g	9g
Fibre	2.3g	9.4g
Fat	4.9g	20g
of which saturated	0.6g	2.4g
Sodium	329.9mg	1342.9mg

**Allergens:** Sulphites, Fish, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	2	Smoked Trout Ribbons <i>roughly slice</i>
80g	80g	Baby Tomatoes <i>rinse &amp; cut in half</i>
3g	5g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
75ml	150ml	Quinoa Mix
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
50ml	100ml	Creamy Yoghurt <i>(30ml [60ml] Low Fat Plain Yoghurt &amp; 20ml [40ml] Mayo)</i>
50g	100g	Corn
10ml	20ml	NOMU Seafood Rub

**1. QUINOA** Place the quinoa in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 15-20 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**2. CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub and a knob of butter (optional). Remove from the pan and set aside.

**3. JUST BEFORE SERVING** In a small bowl, combine the dill and the creamy yoghurt. Loosen with water in 5ml increments until a drizzling consistency and add seasoning. In a salad bowl, combine the baby tomatoes, 1/2 of the trout, cucumber, corn, quinoa, a drizzle of olive oil, and seasoning.

**4. TIME TO EAT** Bowl up the loaded quinoa, scatter over the remaining trout, and drizzle over the creamy yoghurt.

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter (optional)