

UCCOOK

Dill & Caper Trout Salad

with charred baby marrow

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Nitída | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	525kJ	2301kJ
Energy	126kcal	551kcal
Protein	7.2g	31.6g
Carbs	4g	18g
of which sugars	2.7g	11.9g
Fibre	1.1g	5g
Fat	9.1g	40g
of which saturated	0.9g	4.2g
Sodium	109mg	480mg

Allergens: Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds
100g	200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
10g	20g	Capers <i>drain & roughly chop</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & slice ½ [1] into thin wedges</i>
1	2	Rainbow Trout Fillet/s
50ml	100ml	Mayo

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. ALL THE ALMONDS 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.

2. BEGIN THE BABY MARROW Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until charred but still crunchy, 2-3 minutes. Remove from the pan and season.

3. CAPER DRESSING & DRESSED SALAD In a bowl, combine the capers, ½ the lemon juice (to taste), the dill, a drizzle of olive oil and seasoning. Set aside. To a salad bowl, add the leaves and the tomatoes. Toss with the remaining lemon juice, the charred baby marrows, a drizzle of olive oil, and seasoning.

4. TASTY TROUT Place a pan over 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. A FANTASTIC MEAL Plate up the golden trout and drizzle with the dill and caper dressing. Serve the dressed salad alongside and scatter over the toasted nuts. Side with the mayo for extra richness.

Chef's Tip