



UCCOOK

Trout Ribbon Caesar Salad

with couscous & Italian-style hard cheese

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	817kJ	1896kJ
Energy	195kcal	453kcal
Protein	10.6g	24.6g
Carbs	21g	48g
of which sugars	2g	4.6g
Fibre	3.1g	12.3g
Fat	6.7g	15.5g
of which saturated	1.8g	4.1g
Sodium	444mg	1030mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
30ml	60ml	Grated Italian-style Hard Cheese
5g	10g	Crispy Onion Bits
1 pack	2 packs	Smoked Trout Ribbons <i>roughly slice</i>
40ml	80ml	Caesar Dressing

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. LOADED COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the cucumber, the green leaves, the cheese, the crispy onion bits, and seasoning.
- 2. ABOUT THE TROUT** Top the loaded couscous with the trout. Drizzle over the Caesar dressing.