



UCCOOK

Creamy Herb Dressing & Smoked Trout

with roasted butternut & chickpeas

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	464kj	3227kj
Energy	111kcal	772kcal
Protein	3.9g	26.7g
Carbs	10g	68g
of which sugars	3.4g	23.4g
Fibre	1.8g	12.3g
Fat	5.7g	39.4g
of which saturated	1.2g	8.2g
Sodium	234mg	1584mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
60g	120g	Chickpeas <i>drain & rinse</i>
50ml	100ml	Mayo
10g	20g	Capers <i>drain & finely chop</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
15g	30g	Piquanté Peppers <i>drain</i>
20g	40g	Salad Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>
1 unit	2 units	Smoked Trout Ribbons <i>cut into strips</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BUTTERNUT FORGET BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, dress the chickpeas with a drizzle of oil and seasoning. Set aside. Alternatively, air fry at 200°C until crispy, 20-25 minutes. Add the chickpeas at the halfway mark.

2. CAPER & SPRING ONION MAYO In a small bowl, combine the mayo with the capers (to taste) and ½ the spring onion. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

3. BRING ON THE FRESHNESS In a bowl, combine the cucumber, the peppers, the salad leaves, the feta, a drizzle of olive oil, and seasoning. Set aside.

4. CRISPY CHICKPEAS When the roast reaches halfway, spread the dressed chickpeas over the veg and return to the oven for the remaining time.

5. NOW ABOUT THE TROUT Make a bed of the roasted veg and top with the fresh salad. Lay over the trout ribbons and drizzle generously with the caper dressing. Garnish with the remaining spring onion.