

Eat Within 2 Days

QCOOK

Creation's Smoked Trout Salad

with green beans, carrot & raisins

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Carb Conscious: Serves 1 & 2

Chef: Creation Winery

Wine Pairing: Creation Wines | Creation Rosé

Nutritional Info	Per 100g	Per Portion
Energy	307kJ	1367kJ
Energy	73kcal	327kcal
Protein	4.5g	20.1g
Carbs	8g	36g
of which sugars	5g	22.2g
Fibre	2.1g	9.3g
Fat	2.6g	11.7g
of which saturated	0.4g	1.8g
Sodium	246mg	1097mg

Allergens: Sulphites, Fish, Tree Nuts, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3g	5g	Fresh Chives *rinse & finely slice*
40ml	80ml	Orange Vinaigrette *(25ml [50ml] Orange Juice, 5ml [10ml] Mustard & 10ml [20ml] Vinegar)*
10g	20g	Walnuts
80g	160g	Green Beans *rinse & slice into thirds*
120g	120g	Carrot *rinse, trim & peel ½ [all] into ribbons*
100g	200g	Cucumber *rinse & peel into ribbons*
1 unit	2 units	Smoked Trout Ribbons
20g	40g	Salad Leaves *rinse & roughly shred*
10g	20g	Raisins *roughly chop*

From Your Kitchen

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

1. O-YUM ORANGE VINAIGRETTE In a small bowl, combine the chives with the orange vinaigrette, 10ml [20ml] of olive oil, and seasoning. Set aside in the fridge.

2. WOW WITH WALNUTS Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO-GO GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. Fry the green beans until starting to char, 3-4 minutes (shifting occasionally). Remove from the pan and season.

4. FLAVOURFUL FRESHNESS In a salad bowl, combine the ribboned veggies, charred beans, ½ of the trout, green leaves, and ½ of the orange vinaigrette.

5. SENSATIONAL SALAD Bowl up the salad, scatter over the remaining trout, nuts, and raisins. Drizzle over the remaining dressing and dig in, Chef!

Chef's Tip Did you know? Smoking trout was originally a way to preserve the fish for longer before refrigeration was widely available.