



UCOOK

Aromatic Roasted Trout

with whole spices, roasted gem squash & Danish-style feta

The perfect option for a quick & easy weeknight dinner awaits you! This beautifully roasted spice-rubbed trout fillet is accompanied by roasted gem squash and a fresh green salad loaded with cucumber & creamy feta. Simple yet so-fish-ticated!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Elation MCC 2016

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Ingredients & Prep

2	Gem Squash <i>halved & deseeded</i>
55ml	Aromatic Spices <i>(10ml Coriander Seeds, 20ml Smoked Paprika, 5ml Cumin Seeds & 20ml Dried Chilli Flakes)</i>
2	Rainbow Trout Fillets
40g	Green Leaves <i>rinsed</i>
200g	Cucumber <i>cut into half-moons</i>
8g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
20ml	Lemon Juice
40g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Pestle & Mortar (optional)

1. ROASTED GEMS Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil, and season to taste. Roast in the hot oven for 25-30 minutes until cooked through and soft.

2. SPICE AROMA Using a pestle and mortar or the back of a sturdy knife, finely crush the aromatic spices. Alternatively, roughly chop. Place a pan over medium heat. When hot, dry toast the spices for 1-2 minutes until fragrant, shifting constantly. Remove from the pan and place in a bowl with a drizzle of oil and seasoning. Pat the trout fillets dry with paper towel, then use your fingers to rub $\frac{3}{4}$ of the spice mixture into the flesh-side of the trout fillets.

3. FRESH SALAD In a salad bowl, toss the rinsed green leaves together with the cucumber half-moons, $\frac{1}{2}$ of the chopped dill, $\frac{1}{2}$ of the lemon juice, $\frac{1}{2}$ of the drained feta, a drizzle of oil, and seasoning.

4. ALMOST THERE... Once the gem squash has 5-10 minutes remaining, brush with the remaining aromatic spices and crumble over the remaining feta. Return to the oven along with the trout fillets, placed skin-side down on the tray. Roast for the remaining time or until cooked to your preference.

5. TIME TO EAT Plate up the flaky trout, drizzle over the remaining lemon juice, and side with the roasted gem squash. Pile up the fresh salad alongside, and garnish it all with the remaining chopped dill. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	288kJ
Energy	69kcal
Protein	6.6g
Carbs	4g
of which sugars	0.7g
Fibre	1.7g
Fat	3g
of which saturated	1.1g
Sodium	53mg

Allergens

Dairy, Fish

Cook
within 2
Days