



RAINBOW TROUT & ORANGE SALAD

WITH RADISHES, GOAT CHEESE & CANDIED PECANS



Learn to candy
pecans



Radish



Potato



Dill



Orange



Pecans



Rainbow Trout



Rocket Leaves



Mustard Cider
Dressing



Goat Cheese

Hands-on: **30 mins**
Ready in: **35 mins**

Eat me first

Naturally gluten-free
Not suitable for Coeliacs

Let this glorious salad prove that a meal can be decadent, special and yet light and refreshing. The zesty greens get a dash of sweetness from segmented oranges (follow our tips to easily remove the pesky membrane), plus tender seared rainbow trout and rich goat cheese add a luxurious touch. Celebrate the festive season with this elegant plate of fresh ingredients!

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **medium frying pan**



1 GET PREPPED

Bring a medium saucepan of generously salted water to the boil. Thinly slice the **radishes**. Peel the **potato** then cut into 2cm chunks. Pick the **dill** leaves. Peel the **orange**, and remove the white pith. Working over a bowl and using a small knife, carefully cut along both sides of each orange segment, letting the orange pieces fall into the bowl. Discard the membrane. **TIP:** You can just peel the orange and thinly slice into half-moons if you prefer!



2 BOIL THE POTATO

Add the **potato** to the saucepan of boiling water and cook for **10-12 minutes** or until soft when pierced with a knife. Drain, then set aside to cool slightly.



3 CANDY THE PECANS

While the potato is cooking, heat a medium frying pan over a medium-high heat. Add the **pecans** and toast, tossing, for **2-3 minutes**, or until fragrant. Transfer to a small bowl. Allow the pan to cool slightly, then return to a medium heat. Add the **brown sugar**, **water** and a **pinch** of **salt** and cook until dissolved and bubbling. Return the pecans to the pan and cook, stirring, for **2-3 minutes** or until the caramel has thickened. Transfer to a sheet of baking paper, spread in a single layer and set aside to cool.



4 COOK THE TROUT

Wash out the pan and return to a medium-high heat with a **drizzle** of **olive oil**. Pat the **rainbow trout** fillets dry and season both sides with a **pinch** of **salt** and **pepper**. Once hot, add the trout to the pan, skin-side down, and cook for **2-4 minutes** on each side (depending on thickness), or until just cooked through. Transfer to a plate to rest. Once the trout is cool enough to handle, gently flake into pieces using a fork. **TIP:** Peel off the skin first, if you prefer!



5 TOSS THE SALAD

While the trout is resting, place the cooled **potato**, **rocket leaves**, **radish**, **orange** and **1/2** the **dill** leaves in a large bowl. Add the **mustard cider dressing** and season with a **pinch** of **salt** and **pepper**. Gently toss to coat.



6 SERVE UP

Divide the orange salad between plates and top with the flaked trout. Pull off chunks of the **goat cheese** and sprinkle over the salad. Top with the candied pecans and remaining dill.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
radish	1 bunch	2 bunches
potato	1	2
dill	1 bunch	1 bunch
orange	1	2
pecans	1 packet	2 packets
brown sugar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
rainbow trout	1 packet	1 packet
rocket leaves	1 bag (90 g)	1 bag (180 g)
mustard cider dressing	1 tub (40 g)	2 tubs (80 g)
goat cheese	1 packet (80 g)	2 packets (160 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2420kJ (577Cal)	489kJ (117Cal)
Protein (g)	37.5g	7.6g
Fat, total (g)	33.0g	6.7g
- saturated (g)	4.9g	1.0g
Carbohydrate (g)	31.7g	6.4g
- sugars (g)	16.7g	3.4g
Sodium (g)	359mg	73mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Sauvignon Blanc
or
Riesling

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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