

RAINBOW TROUT & ORANGE SALAD

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

WITH RADISHES, GOAT CHEESE & CANDIED PECANS





Learn to candy pecans













Rainbow Trout





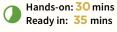


Rocket Leaves

Mustard Cider Dressing



Pantry Staples: Olive Oil, Brown Sugar







Not suitable for Coeliacs

fresh ingredients!

START

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



¶ 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.



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.



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!



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.



SERVE UPDivide 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**

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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