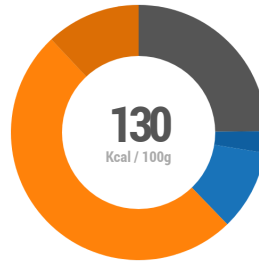


Smoked Trout Nicoise Salad

Two trout fillets with soft potatoes, caperberries, green beans, courgettes, aubergines, red peppers & yellow peppers, served with a hard boiled egg & a drizzle of balsamic

OVERVIEW ...



CALORIES:

13% Carbs

24.8% Protein

62.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



EGGS



FISH



SULPHITES

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

3300 M&J Seafood Smoked Trout Fillets..

SMOKED TROUT FILLETS

BRAKES **115g**

2x Each

unchanged

127137 Brakes Balsamic Vinegar of Modena.. - BRAKES

BALSAMIC VINEGAR

BRAKES **10g**

N/A

119649 Cypressa Bar Mix Olives (Pitted).. - BRAKES

BAR MIX OLIVES (PITTED)

BRAKES **20g**

unchanged

10511 Potatoes Mid Select Washed..

POTATOES

BRAKES **75g**



Boiled

114204 Fine Beans..

BEANS FRESH DIRECT

BRAKES **40g**



Boiled

88887 Veraneo Extra Virgin Olive Oil.. - BRAKES

EXTRA VIRGIN OLIVE OIL

BRAKES **20g**

unchanged

16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES

EGG

BRAKES **56g**

1x Each



Cooked by moi...

119655 Chargrilled Mixed Vegetables.. - BRAKES

CHARGRILLEDED VEGETABLES

BRAKES 115g

unchanged

152229 Cooks & Co Caperberries.. - BRAKES

152229 CAPERBERRIES

BRAKES 5g

0.05 x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



456g / 598kcal

1.0

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

Food Production

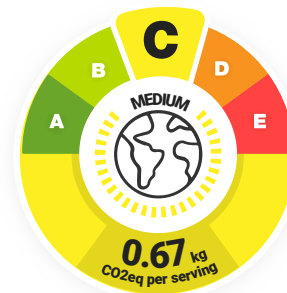
0.67kg

115g	3300 M&J Seafood Smoked Trout Fillets	B	0.26kg
10.0g	127137 Brakes Balsamic Vinegar of Modena	B	0.01kg
20.0g	119649 Cypressa Bar Mix Olives (Pitted)	B	0.03kg
75.0g	10511 Potatoes Mid Select Washed	A	0.04kg
40.0g	114204 Fine Beans	A	0.02kg
20.0g	88887 Veraneo Extra Virgin Olive Oil	B	0.03kg
56.0g	16392 Brakes 18 British Free Range Fresh Medium Eggs	B	0.19kg
115g	119655 Chargrilled Mixed Vegetables	A	0.08kg
5.00g	152229 Cooks & Co Caperberries	B	0.01kg

Water Usage

1859l

115g	3300 M&J Seafood Smoked Trout Fillets	4	227l
10.0g	127137 Brakes Balsamic Vinegar of Modena	X	-
20.0g	119649 Cypressa Bar Mix Olives (Pitted)	5	60.3l
75.0g	10511 Potatoes Mid Select Washed	10	839l
40.0g	114204 Fine Beans	7	202l
20.0g	88887 Veraneo Extra Virgin Olive Oil	10	288l
56.0g	16392 Brakes 18 British Free Range Fresh Medium Eggs	6	203l
115g	119655 Chargrilled Mixed Vegetables	1	39.0l
5.00g	152229 Cooks & Co Caperberries	X	-



foodprint



54% Data Quality Score

Your Transport & Packaging:

1 Serving 456g (serves 1.0)

METHOD

Preparation:

Defrost the trout fillets
Trim, top & tail the beans

Method:

1. Place a pan of water onto a high heat, once boiled add the beans & blanch for approx. 2 mins
2. Take off the heat & run under cold water to refresh, drain
3. In another pan of boiling water, boil the egg for 8-10mins, refresh, peel and cut into 1/4's
4. Put the potatoes into another pan of water & place onto a high heat to boil, cook until tender
5. Take off the heat & run under cold water to refresh, drain & cut in half
6. Combine the beans, potatoes & chargrilled veg, add the olive oil & toss together - add some salt & pepper if desired
7. Add the egg and black olives
8. Now dress your chosen dish with the nicoise salad, add the smoked trout, finish with the caperberries & balsamic serve!