



GREEN
CHEF

14



Keto

Mustard and Dill Trout

with Walnuts, Lemon Courgette and Cavolo Nero

Cook time: 20-25 mins | **Servings:** 2 or 4 portions

Carbs	Protein	Fat	Calories	5-a-day
8.7g	39.2g	44.8g	595 Kcal	1 portion
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got aluminium foil, a zester, baking tray, zester, garlic press, frying pan and saucepan.

Ingredients

Ingredients	2 people	4 people
Trout Skin-On** 4)	2	4
Courgette** 69)	1	2
Cavolo Nero**	100g	200g
Lemon**	½	1
Garlic Clove**	2	4
Walnuts 2) 60) 61) 62)	40g	80g
Dill**	1 bunch	1 bunch
Crema Fraiche** 7)	75g	150g
Wholegrain Mustard 9)	25g	50g
Vegetable Stock Paste 10)	10g	20g
Pantry	2 people	4 people
Water for the Sauce*	50ml	100ml
Oil for Cooking*	2 tbsp	4 tbsp

*Not Included ** Keep in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	2490 /595	584 /140
Fat (g)	44.8	10.5
Sat. Fat (g)	12.1	2.8
Carbohydrate (g)	8.7	2.1
Sugars (g)	6.8	1.6
Protein (g)	39.2	9.2
Salt (g)	1.91	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal)

Allergens

2) Nuts 4) Fish 7) Milk 9) Mustard 10) Celery

May contain: 60) Peanut 61) Nuts 62) Sesame 69) Celery

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.

Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact Us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or via the chat function on the website

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Now, let's get cooking!



Preheat your oven to 220°C/200°C fan/gas mark 7. Brush a piece of foil with **oil**, then place a **trout fillet** in the centre. Season with **salt** and **pepper**. Fold the foil shut, pinching on all sides to seal and create a parcel. Repeat with the remaining **fish**. Add to a baking tray, then cook on the middle shelf for 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Next, add the **cavolo nero**, **lemon zest** and **juice** and sauté until starting to wilt, 3-4 mins. Season with **salt** and **pepper**.



Meanwhile, trim the **courgette**, then slice into 1cm thick rounds. Destalk the **cavolo nero** and discard the stems (they're too tough to eat). Slice the leaves widthways into 8-10 pieces. Zest the **lemon**, then juice one **half**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **walnuts**. Roughly chop the **dill** (stalks and all).



Meanwhile, heat a small saucepan on medium-high heat with a drizzle of **oil**. Fry the remaining **garlic** for 1 min, then add the **crema fraiche**, **wholegrain mustard**, **veg stock paste** and **water** (see pantry). Stir to dissolve the **stock** and simmer for 2-3 mins. Add **half** of the **dill** to the **sauce** and season with **salt** and **pepper**.



Heat a large frying pan on medium heat with a drizzle of **oil**. When hot, sauté the **courgette** and **half** of the **garlic** for 2-3 mins. Flip the **courgette** occasionally so it browns without burning.



Serve the **trout** next to the **lemon courgette** and **cavolo nero**. Top with the **mustard and dill sauce**, scatter over the **walnuts**, then garnish with the remaining **dill**.

Enjoy!



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