



**Product Spotlight:
Broccoli**




Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



Ras El Hanout Trout

with Honey Spiced Rice Salad

Crispy skinned ocean trout on a nutty brown rice salad with broccoli and mint, all tossed with a warm honey and lemon vinaigrette.

 30 minutes  4 servings  Fish

Spice it up!

You can add some toasted nuts or seeds to the salad if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	21g	79g

FROM YOUR BOX

BROWN RICE	300g
BROCCOLI	1
RAS EL HANOUT SPICE MIX	1 packet
LEMON	1
HONEY SHOTS	2
GREEN CAPSICUM	1
SHALLOTS	2
MINT	1 packet
OCEAN TROUT	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse trout and pat dry with paper towel before coating with spice. Removing the excess moisture will help the skin crisp up!

Ras El Hanout spice mix: ground cumin, ground coriander, ground paprika, ground turmeric, ground allspice, coconut sugar.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender (see step 2).



2. ADD THE BROCCOLI

Chop broccoli into smaller pieces. Add to boiling rice for the last 5 minutes to cook. When rice is tender, drain and rinse (see step 4).



3. WARM THE VINAIGRETTE

Reserve 3 tsp spice mix for trout. Add remaining spice to a frypan over medium heat with 1/4 cup olive oil. Cook, stirring for 2-3 minutes until fragrant. Stir in 1/2 lemon juice (wedge remaining) and honey. Remove to a large salad bowl.



4. TOSS THE SALAD

Dice capsicum and thinly slice shallots. Roughly chop mint leaves. Add to bowl with dressing. Toss all together with cooked rice and broccoli. Season with **salt and pepper**, set aside.



5. COOK THE TROUT

Coat trout with reserved spice, **oil, salt and pepper** (see notes). Reheat frypan over medium-high heat. Cook trout, skin side down for 4 minutes. Turn over and cook for 3-4 minutes or until cooked through.



6. FINISH AND SERVE

Divide rice salad and trout among plates. Serve with lemon wedges.



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