



SMOKED TROUT AND CAULIFLOWER COUSCOUS SALAD BOWLS

with Horseradish Dressing

Serves 2 | Preparation time 15 minutes | Cooking time 2-3 minutes

WHAT TO DO

1. Roughly chop the cauliflower and add to a food processor. Blitz for 1-2 minutes, or until the cauliflower has a grain-like consistency, similar to couscous.
2. Prepare the dressing by mixing all the ingredients together. Check for seasoning.
3. Add the cauliflower to a large saucepan of lightly salted boiling water and cook for 2-3 minutes. Drain well and divide between two serving bowls.
4. Top the 'couscous' with flaked smoked trout, sprinkle over the peas, and add the avocado slices and mint leaves. Season to taste with salt and pepper and dress generously with the horseradish dressing. Eat as soon as possible.

Notes: Add a handful of Home-grown Mung Bean Sprouts (see page 60) for a dose of extra goodness.

To make your own trout at home, preheat the oven to 190 °C, place the raw trout fillet in a shallow baking dish, drizzle with olive oil and a sprinkling of whole yellow mustard seeds and a little chopped fresh dill, season, and then bake for about 8 minutes, or until just cooked through.

WHAT YOU'LL NEED

1 small to medium-sized head cauliflower
250 g smoked trout fillet
small handful frozen peas, thawed
1 ripe avocado, roughly sliced
a few fresh mint leaves, for garnishing
salt and freshly ground black pepper

Horseradish dressing

¼ cup olive oil
2 Tbsp lemon juice
1-2 tsp creamed horseradish
pinch of salt
a little healthy natural sweetener