

Orzo Trout Salad (Low FODMAP)



A refreshing and light salad, perfect for quick meals and lunches. To vary the flavors, you can also try it with strawberry balsamic vinaigrette! Note that if you don't have any specific digestion issues, you can use pasta of your choice and vegetables from your fridge! Adding ground flaxseeds to our salads boosts our fiber and omega-3 intake without altering the flavors of our dish!

Preparation 15 min

Cooking 12 min

Servings 2

Nutrition Facts (per serving)

Calories 510

Fat 7

Carbohydrates 30

Fibre 6

Protein 35

Sodium 380

Ingredients

Trout

- 2 trout fillets, about 120 g each
- 10 ml (2 tsp) Dijon mustard

- Pepper, to taste

Salad

- 180 ml (¾ cup) cooked gluten-free orzo (or ½ cup dry) (see Note)
- 125 ml (½ cup) grated carrot
- 125 ml (½ cup) cucumber, sliced into half rounds
- 125 ml (½ cup) radishes, sliced
- 30 ml (2 tbsp) raw pumpkin seeds
- 30 ml (2 tbsp) ground flaxseeds
- 15 ml (1 tbsp) capers
- 750 ml (3 cups) mixed greens of choice (lettuce, spinach, arugula, etc.)
- Fresh herbs of choice, to taste (Basil, dill, parsley, cilantro)

Vinaigrette

- 30 ml (2 tbsp) olive oil or garlic-infused olive oil
- 15 ml (1 tbsp) nutritional yeast
- 15 ml (1 tbsp) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 10 ml (2 tsp) maple syrup
- Pepper and salt, to taste

Note: If you don't have orzo on hand, you can also use rice. If you don't have FODMAP concerns, you can use regular orzo.

Preparation

1. Preheat the oven to 400°F (200°C). On a parchment-lined baking sheet, place the trout fillets. Spread Dijon mustard over the trout. Season with pepper to taste, then bake for 12 minutes.
2. In a large bowl, mix all the salad ingredients.
3. In a small bowl, mix all the vinaigrette ingredients, pour over the salad, and toss.
4. Crumble the trout into the salad or serve directly on the bed of greens divided into two bowls and enjoy!

Notes

The cooked fish can be stored for 2 days in an airtight container in the refrigerator. It's preferable to keep the salad separate from the vinaigrette.



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