



UCCOOK

Ginger Soy Baked Trout

with fluffy quinoa & toasted sesame seeds

Flaky baked trout in a flavour-packed Asian marinade of soy sauce, rice wine vinegar, ginger, spring onion, lime and chilli. Served on a bed of plump quinoa with sautéed pak choy, and topped with fresh coriander and golden brown sesame seeds.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

75ml	White Quinoa
10g	Fresh Ginger <i>peeled & grated</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
4g	Fresh Coriander <i>rinsed, picked & stalks finely chopped</i>
20ml	Low Sodium Soy Sauce
15ml	Rice Wine Vinegar
1	Rainbow Trout Fillet
5ml	White Sesame Seeds
1	Lime <i>½ zested & cut into wedges</i>
100g	Pak Choi <i>trimmed at the base</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. LET'S COOK SOME QUINOA Preheat the oven to 180°C. Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes. Season to taste.

2. MAKE THE MARINADE & BAKE THE TROUT To make the marinade; combine the grated ginger, the spring onion whites, the chopped chilli (to taste), the chopped coriander stalks, the soy sauce, and the vinegar. Mix until fully combined. Pat the trout dry with a paper towel and place in a tightly fitting baking dish. Pour over the marinade and bake in the hot oven for 10-12 minutes, until cooked through.

3. TOAST THOSE SESAME SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

4. FRY THE PAK CHOI Separate the leaves of the trimmed pak choi and rinse well. Slice the larger leaves in half lengthways. Return the pan to a medium heat with a drizzle of oil. When hot, fry the pak choi for 1-2 minutes until the stems have slightly softened. Add a splash of water and cook for a further 1-2 minutes until the leaves are slightly wilted. Season to taste.

5. FINAL TOUCHES Once the trout is done, remove the trout from the marinade and set aside. To the trout marinade, add the lime zest, the juice from 1 limes wedge, and 1 tsp of a sweetener of choice. Mix until fully combined.

6. THE MAIN EVENT Make a bed of the fluffy quinoa. Top with the baked trout and pour over the marinade sauce. Side with the fried pak choi. Garnish with the spring onion greens, the picked coriander leaves, the toasted sesame seeds, any remaining chilli (to taste), and a lime wedge. Tuck in!



Chef's Tip

If you want an extra kick to your dinner, don't remove the seeds from your chilli!

Nutritional Information

Per 100g

Energy	553kJ
Energy	132Kcal
Protein	10.5g
Carbs	15g
of which sugars	1.2g
Fibre	2g
Fat	3.7g
of which saturated	0.6g
Sodium	220mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Fish

Cook
within 2
Days