

UCOOK

Sesame-crusted Trout Fillet

with jasmine rice & smashed cucumbers

Beautiful trout fillets are basted in a sweet-sticky Indo soy sauce and coated in a toasted sesame seed crust. Served on a bed of fluffy jasmine rice and sided with pak choi and a salad of zesty chilli smashed cucumber. Finished with a kewpie mayo drizzle.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

 Adventurous Foodie

 Creation Wines | Creation Rosé

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
400g	Cucumber <i>rinsed & cut into bite-sized pieces</i>
60ml	Rice Wine Vinegar
10ml	Dried Chilli Flakes
80ml	Mixed Sesame Seeds
4	Rainbow Trout Fillets
60ml	Sweet Indonesian Soy Sauce
200g	Pak Choi <i>trimmed at the base & rinsed</i>
1	Spring Onion <i>rinsed, trimmed & finely sliced, keeping the white & green parts separate</i>
125ml	Kewpie Mayo
60ml	Lemon Juice

From Your Kitchen

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

1. COOK THE RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SMASHING... Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and salt lightly. In a bowl, combine the rice wine vinegar, 4 tbsp of sweetener, 1 tbsp of water, and the chilli flakes (to taste). Add the cucumber pieces and toss together. Set aside.

3. TOASTY SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. TASTY TROUT Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the trout skin-side down until crispy, 2-3 minutes. Flip and baste with the sweet soy sauce. Fry until cooked through to your preference, 30-60 seconds (basting continuously). Remove from the pan, reserving any remaining pan juices, and place the trout flesh side down onto the toasted sesame seeds. Press down to ensure the seeds stick.

5. FRY UP Finely slice the pak choi stems and set aside. Roughly shred the leafy parts, keeping them separate from the stems. Wipe down the pan if necessary and return it to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the pak choi stems and the spring onion whites until slightly wilted, 3-4 minutes. Add the pak choi leaves and fry until wilted, 2-3 minutes. Remove from the heat and season.

6. THE FINAL TOUCHES In a small bowl, combine the mayo with the lemon juice. Season and loosen with water or milk (optional) in 5ml increments until drizzling consistency.

7. PLATE IT UP! Make a bed of the lush jasmine rice and top with the sesame-crusted trout, drizzled with the remaining pan juices. Serve the wilted pak choi and the smashed cucumbers alongside. Garnish with drizzles of kewpie mayo, and scatter over the spring onion greens. Enjoy!

Nutritional Information

Per 100g

Energy	662kj
Energy	158kcal
Protein	7.1g
Carbs	15g
of which sugars	2.9g
Fibre	1.1g
Fat	3.8g
of which saturated	0.7g
Sodium	140mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook
within 2
Days