



UCCOOK

Trout Sushi Burger

with wasabi mayo, pickled ginger & avocado


Make your own burger bun, out of sushi rice! Then fill it with fresh trout chunks, wasabi mayo, avocado, pickled ginger, and nori. Sprinkle it with sesame seeds to finish it off and serve it with tender edamame beans. Instagram ready!


Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | MCC Brut NV

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Ingredients & Prep

225ml	Sushi Rice
30ml	Rice Wine Vinegar
45ml	Kewpie Mayo
15ml	Wasabi Powder
2	Nori Sheets
150g	Edamame Beans
2	Avocados
3	Rainbow Trout Fillets <i>skin removed (see Chef's Tip) & cut into chunks</i>
45g	Pickled Ginger <i>drained & roughly chopped</i>
30ml	Black Sesame Seeds
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
45ml	Low Sodium Soy Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Sugar/Sweetener/Honey
Ramekins/Small Bowls

1. RICE UP YOUR LIFE! Rinse the rice under cold water until it runs clear (this prevents the rice from becoming stodgy). Place the rice in a lidded pot over medium-high heat with 750ml of fresh salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and add the vinegar and 15ml of a sweetener of choice. Fluff up with a fork.

2. SEARED TROUT Place a pan over a high heat with a drizzle of oil. When hot, add the trout chunks. Flash fry for 1 minute or until cooked through, shifting occasionally.

3. MAYO MANIA Place the mayo in a small bowl and mix in the wasabi powder (to taste). Loosen with water in 5ml increments until slightly loosened. Roughly tear 1½ of the nori sheets.

4. GIRLS JUST WANNA HAVE BUN! Boil the kettle. When the rice is done, line 6 ramekins or small bowls (about the size of a burger bun) with cling wrap. Add the cooked rice to the bowls or ramekins. Wet your hands slightly and gently press the rice down. Pop in the fridge to chill for at least 10 minutes.

5. BITS & PIECES Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion and set aside for serving. Halve the avocados and set aside one of the halves containing the pip for another meal. Scoop out the avocado flesh and place into a bowl. Roughly mash with a fork. Season to taste.

6. SUSHI BURGER NIGHT! Carefully pop the sushi rice burger buns out of the bowls or ramekins. Place half of the buns on a plate, flat-side up, and top with the seared trout chunks. Drizzle over the wasabi mayo (to taste) and sprinkle with the torn nori and the chopped pickled ginger. Top with the mashed avocado. Close up the burgers with the other rice bun halves. Sprinkle over the black sesame seeds and chopped coriander. Serve the edamame beans on the side with the soy sauce for dunking. Yum!



Chef's Tip

Lightly sprinkle boiling water onto the skin of the trout to 'firm' it up before removing it. This will make the process of peeling it off happen more smoothly.

Nutritional Information

Per 100g

Energy	817kJ
Energy	195Kcal
Protein	9.5g
Carbs	17g
of which sugars	0.6g
Fibre	3.9g
Fat	8.6g
of which saturated	1.3g
Sodium	183mg

Allergens

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

Cook
within 2
Days