



uCOOK

Sushi-style Trout Toast

with pickled ginger

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	1262kJ	2495kJ
Energy	302kcal	597kcal
Protein	9.5g	18.8g
Carbs	31g	62g
of which sugars	5.4g	10.6g
Fibre	2.5g	8.8g
Fat	5.5g	10.9g
of which saturated	0.7g	1.4g
Sodium	811.6mg	1604.1mg

Allergens: Egg, Gluten, Wheat, Sulphites, Fish, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	50% Rye Bread
30ml	60ml	Kewpie Mayo
1 pack	2 packs	Smoked Trout Ribbons
5g	10g	Pickled Ginger <i>drain & roughly chop</i>
10ml	20ml	Sweet Indo Soy Sauce

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN THE BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **SOY GOOD!** Smear the bottom half of the bread with the mayo, and top with the trout, the ginger, and the sweet soy.