



UCOOK

Teriyaki-glazed Trout

with jasmine rice & green beans

A simple yet divine dinner! Rainbow trout fillet is pan seared until tender and flaky before being glazed in a sweet & sticky teriyaki sauce. It is served with fluffy jasmine rice and salad leaves with peas & green beans. One of the quickest, tastiest meals there is!


Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Elgin OVP
Chenin Blanc 2020

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Ingredients & Prep

75ml	Jasmine Rice
4g	Fresh Coriander
20g	Salad Leaves
40g	Peas
80g	Green Beans <i>rinsed, trimmed & halved</i>
15ml	Teriyaki Sauce
1	Rainbow Trout Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. RICE & SHINE Boil the kettle. Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. PREP STEP While the rice is simmering, rinse the coriander and the salad leaves. Pick the coriander. Set both aside. Submerge the peas and halved green beans in boiling water for 5-6 minutes until plump and heated through. Drain on completion, toss through a drizzle of oil, and season. Loosen the teriyaki sauce with 15ml of water. Set aside.

3. TANTALIZING TROUT Pat the trout dry with a paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the heat and add ½ the loosened teriyaki sauce. Toss the trout until fully coated in the sauce and season to taste.

4. DON'T TROUT ABOUT IT, EAT IT! Make a bed of the rinsed salad leaves and top with the green beans and peas. Serve with the rice and the teriyaki trout. Drizzle over the remaining teriyaki sauce. Sprinkle over the picked coriander. Stunning, Chef!

Nutritional Information

Per 100g

Energy	583kj
Energy	139kcal
Protein	9.6g
Carbs	18g
of which sugars	1.8g
Fibre	2g
Fat	2.8g
of which saturated	0.5g
Sodium	91mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy

Cook
within 2
Days