



WCOOK

Waterford's Trout Poke Bowl

with wasabi Kewpie mayo & pickled veg

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Waterford Estate

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	755kJ	3403kJ
Energy	181kcal	814kcal
Protein	5.5g	24.7g
Carbs	18g	80g
of which sugars	2.1g	9.5g
Fibre	1.9g	8.4g
Fat	9.3g	41.8g
of which saturated	0.8g	3.7g
Sodium	447mg	2016mg

Allergens: Soya, Egg, Gluten, Sesame, Wheat, Sulphites,
Fish

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Sushi Rice <i>rinse</i>
3 packs	4 packs	Smoked Trout Ribbons
150ml	200ml	Poke Sauce <i>(90ml [120ml] Low Sodium Soy Sauce, 37,5ml [50ml] Sesame Oil & 22,5ml [30ml] Lemon Juice)</i>
60ml	80ml	Red Wine Vinegar
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
240g	240g	Carrot <i>peel & cut into matchsticks</i>
150g	200g	Edamame Beans
15ml	20ml	Wasabi Powder
90ml	125ml	Kewpie Mayo
30ml	40ml	Black Sesame Seeds
45g	60g	Pickled Ginger <i>drain & roughly chop</i>
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. **SUSHI RICE** Place the rice in a pot with 675ml [900ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 15-20 minutes. Remove from the pot and spread on a plate to cool slightly. Fluff with a fork and cover.

2. **TASTY TROUT** Roughly chop the trout ribbons into pieces and place in a bowl with the poke sauce. Toss so all the trout is covered in the sauce. Leave to marinate until plating up.

3. **PICKLE & PLUMP UP** Boil the kettle. In a bowl, combine the vinegar, 60ml [80ml] of water, seasoning, and a sweetener of choice. Add the cucumber and the carrot. Toss until coated and set aside to pickle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. **WASAAAA-BI?** In a bowl, combine the wasabi powder (to taste) and the mayo. Loosen with water in 5ml increments until a drizzling consistency.

5. **OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.

6. **PERFECT POKE BOWL** Dish up the sushi rice into a shallow bowl. Add the pickled cucumber, the carrot, the edamame beans, the ginger and the trout ribbons, poke bowl style. Pour over any remaining marinade. Garnish with the coriander and sesame seeds. Drizzle over the wasabi mayo. Yum, what a treat, Chef!