



UCOOK

Trout Ribbon "Sushi"

with pickled ginger & soy sauce

All the deliciousness of sushi with a maximum flavour reward. We have lost the rice but have replaced it with loads of other tasty elements! Smoked trout ribbons, cream cheese, cucumber, avocado, and crunchy nori sheets, all play their part in making this dish unforgettably yum!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

2	Avocados
45ml	Rice Wine Vinegar
240g	Carrot <i>¾ trimmed & peeled into ribbons</i>
60g	Radish <i>rinsed & sliced into thin rounds</i>
3	Nori Sheets
300g	Cucumber <i>peeled into ribbons</i>
120g	Smoked Trout Ribbons
30ml	Cream Cheese
45ml	Kewpie Mayo
15ml	Black Sesame Seeds
30g	Pickled Ginger <i>drained</i>
30ml	Low Sodium Soy Sauce

From Your Kitchen

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

1. LET'S PREP Halve the avocados and set aside one of the halves containing the pip for another meal. Scoop out the avocado flesh from the remaining halves. Cut the flesh into thin slices and set aside. In a small bowl, add the vinegar, a sweetener of choice, 3 tbsp of water, and seasoning. Mix until the sweetener is fully dissolved. Add the carrot ribbons and the radish rounds, and toss until fully coated. Set aside to pickle.

2. LAY IT DOWN Lay down 3 pieces of cling wrap, each large enough for each nori sheet. Top each piece of cling wrap with each nori sheet. Top with the cucumber ribbons, slightly overlapping each ribbon to create a single layer on each sheet. Then, top with the trout ribbons, slightly overlapping each ribbon to create a single layer on each sheet. Divide the cream cheese between the sheets and spread out in an even layer.

3. ROLL IT UP! Top the cream cheese with the avocado slices along the longest side of each sheet. Holding the cling wrap along the longest side, tightly roll up each sushi roll to fully encase the filling using the cling wrap to guide it into a roll. On completion, fully cover each roll with the cling wrap and place seam side-down on a plate. Set aside in the fridge to chill for at least 10-15 minutes.

4. CUT THE SUSHI When the rolls have chilled, remove the cling wrap. Using a sharp knife, trim the edges and cut each roll into 6 equal slices. Drain the pickling liquid from the carrot ribbons and radish.

5. NO TROUT YOU'LL LOVE THIS DISH! Lay down the sushi pieces, filling-side up, and top with the mayo, the sesame seeds, and the drained pickled ginger. Serve alongside the pickled carrots & radish. Serve the soy sauce on the side for dunking. Sushi night!



Chef's Tip

If you'd prefer a handroll; instead of rolling the sushi up from the longer side of the cling wrap, roll from the corner to make a cone shape!

Nutritional Information

Per 100g

Energy	460kj
Energy	110Kcal
Protein	4.7g
Carbs	6g
of which sugars	1.7g
Fibre	3.2g
Fat	6.2g
of which saturated	1.3g
Sodium	326mg

Allergens

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

Cook
within 2
Days