



UCOOK

Teriyaki-glazed Trout

with jasmine rice, peas & fresh coriander

This delicious recipe features pan-fried trout coated in a sweet & salty teriyaki glaze, served on a bed of fluffy jasmine rice mixed with vibrant coriander. To complete the dish, we've included a green side salad of crunchy cucumber ribbons, plump peas, and crisp salad leaves, all tossed in a tangy lemon dressing. It's guaranteed to impress!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterkloof | False Bay Cinsault / Mourvèdre
Rosé

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
60g	Salad Leaves
300g	Cucumber
150g	Peas
30ml	Teriyaki Sauce
3	Rainbow Trout Fillets
30ml	Lemon Juice

From Your Kitchen

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

1. FLUFFY RICE Boil the kettle. Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Toss through ½ the chopped coriander and cover.

2. PREP STEP While the rice is simmering, rinse the salad leaves and peel the cucumber into ribbons. Submerge the peas in boiling water until plump and heated through, 3-5 minutes. Drain and set aside. Loosen the teriyaki sauce with 45ml of water. Set aside.

3. TANTALISING TROUT Pat the trout dry with paper towel and season. Place a large pan over medium-high heat with a drizzle of oil. When hot, fry the trout, skin-side down, until crispy, 2-3 minutes. Flip and fry until cooked to your preference, 30-60 seconds. Remove from the pan and season.

4. GREEN BOWL In a bowl, combine the cucumber ribbons, the plumped peas, the rinsed salad leaves, the lemon juice (to taste), seasoning, and a drizzle of olive oil.

5. DIG IN Make a bed of the fluffy rice. Top with the trout and drizzle over the teriyaki sauce. Side with the fresh salad and sprinkle over the remaining chopped coriander. Beautiful job, Chef!

Nutritional Information

Per 100g

Energy	557kJ
Energy	133kcal
Protein	8.7g
Carbs	19g
of which sugars	1.6g
Fibre	1.5g
Fat	2.3g
of which saturated	0.5g
Sodium	179.2mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy

Cook
within 2
Days