



# 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Waterkloof | False Bay Cinsault / Mourvèdre  
Rosé

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## Ingredients & Prep

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100ml	Jasmine Rice <i>rinsed</i>
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
20g	Salad Leaves
100g	Cucumber
50g	Peas
10ml	Teriyaki Sauce
1	Rainbow Trout Fillet
10ml	Lemon Juice

## From Your Kitchen

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

**1. FLUFFY RICE** Boil the kettle. Place the rinsed rice in a pot with 200ml 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 15ml of water. Set aside.

**3. TANTALISING TROUT** Pat the trout dry with paper towel and season. Place a 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

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Per 100g

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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

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## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy

Cook  
within 2  
Days