

UCOOK

Sesame-crusted Trout Fillet

with jasmine rice & smashed cucumbers

Beautiful trout fillet is basted in a sweet-sticky indo soy sauce and coated in a toasted sesame seed crust. Served on a bed of fluffy jasmine rice and sided with crunchy cabbage and a salad of zesty chilli smashed cucumber. Finished with a garlic mayo drizzle.


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Fan Faves

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Ingredients & Prep

225ml	Jasmine Rice <i>rinse</i>
150g	Cucumber <i>rinse</i>
30ml	Rice Vinegar
7,5ml	Dried Chilli Flakes
45ml	Mixed Sesame Seeds
3	Rainbow Trout Fillets
30ml	Sweet Indo Soy Sauce
200g	Cabbage <i>rinse & thinly slice</i>
90ml	Mayo
30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter (optional)
Rolling Pin

1. SUMPTUOUS RICE Place the rinsed rice in a pot with 450ml 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. Fluff with a fork and cover.

2. SMASHING... Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces and salt lightly. In a bowl, combine the rice wine vinegar, 3 tbsp of a sweetener (to taste), 1 tbsp of water, and the chilli flakes (to taste). Mix until fully combined. Add the cucumber pieces and toss. Set aside.

3. TOASTY SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. TASTY TROUT Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the trout skin-side down until crispy, 2-3 minutes. Flip and baste with the sweet soy sauce. Fry until cooked through to your preference, basting continuously, 30-60 seconds. Remove from the pan, reserving any remaining pan juices, and place the trout onto the toasted sesame, flesh side down. Press to ensure the seeds stick.

5. THE FINAL TOUCHES Return the pan, wiped down, to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the cabbage until slightly wilted, 2-3 minutes. Remove from the heat and season. In a small bowl, combine the mayo with the lemon juice. Season and loosen with water or milk (optional) in 5ml increments until drizzling consistency.

6. PLATE IT UP! Make a bed of the lush jasmine rice and top with the sesame-crusted trout. Serve the wilted cabbage and the smashed cucumbers alongside. Drizzle over the mayo. Enjoy!

Nutritional Information

Per 100g

Energy	709kJ
Energy	170kcal
Protein	8.2g
Carbs	18g
of which sugars	3.7g
Fibre	1.3g
Fat	7g
of which saturated	0.9g
Sodium	154mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Fish, Soy

Eat
Within
2 Days