



UCOOK
GOOD FOOD | GOOD PEOPLE

Sesame-Crusted Trout

with brown basmati, pickled cucumber & a creamy wasabi dressing

Rainbow trout studded with white and black sesame seeds, speckled with spring onion, and laid over edamame-packed rice. A spritz of soy sauce and a drizzle of wasabi yoghurt dressing, and you'll think you've died and gone to food heaven!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

75ml	Brown Basmati Rice
40g	Edamame Beans
15ml	White Wine Vinegar
50g	Cucumber <i>thinly ribboned or sliced into rounds</i>
45ml	Greek Yoghurt
7,5ml	Wasabi Powder
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
15ml	Mixed Sesame Seeds
1	Trout Fillet
10ml	Low-Sodium Soya Sauce
1	Spring Onion <i>thinly sliced</i>

From Your Kitchen

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

1. EDAMAME RICE IS NICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Remove from the heat and toss through the edamame beans. Replace the lid and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. TANGY PICKLE & SPICY DRESSING Place the white wine vinegar in a bowl with a small splash of warm water. Whisk in 1 tsp of a sweetener of choice until dissolved. Add in the sliced cucumber, toss, and set aside to pickle. Combine the yoghurt with the wasabi powder to taste. Mix in three-quarters of the chopped coriander and set aside.

3. TOAST THE SESAMES Place the mixed sesame seeds in a pan over a medium-high heat. Toast for 2-4 minutes until the white seeds are lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. SEED-CRUSTED TROUT Once you've set the rice aside to steam, pat the trout dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes. Remove on completion, keeping the pan on the heat. Peel the skin from the trout and return it to the pan, setting the flesh aside. Fry for 1-2 minutes per side until crispy. On completion, set aside to drain on paper towel and leave the pan on the heat. Use the sesame seed crust to coat the side of the trout where the skin was removed. Place in the pan, crust-side up, and fry for another minute until cooked medium-rare or to your preference. Remove from the pan on completion.

5. FINISHING TOUCHES Drain the pickled cucumber, reserving the pickling liquid, and mix 1 tbsp into the wasabi dressing (or to taste). Roughly chop the crispy trout skin.

6. TIME TO DINE! Make a bed of edamame rice and top with the sesame-crusting trout. Drizzle over the soy sauce and the tangy wasabi dressing (both to taste). Sprinkle over the sliced spring onion, crispy pieces of trout skin, and remaining chopped coriander. Serve the pickled cucumber on the side. Stunning, Chef!



Chef's Tip

Trout is one of the few non-sun sources of vitamin D. It helps immune cells to fight off infections, so tuck into that nourishing trout whenever you can!

Nutritional Information

Per 100g

Energy	649kj
Energy	155Kcal
Protein	11.6g
Carbs	17g
of which sugars	0.7g
Fibre	2.5g
Fat	5g
of which saturated	1g
Sodium	111mg

Allergens

Dairy, Allium, Sesame, Sulphites, Fish, Soy

Cook
within 2
Days