



UCOOK

Fusion Hot Smoked Trout

with miso mayo & egg noodles

This dish is alive with umami, boasting layers upon layers of amazing flavour! Hot smoked trout tops a stir fry of egg noodles, wilted spinach, and peanuts. Seasoned with soy sauce and vinegar, loaded with a sauté of pickled peppers and corn, and splattered with a creamy miso mayo, this dish has everything you could hope for from a dinner!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

3 cakes	Egg Noodles
30g	Peanuts
75ml	Soy Vinegar <i>(45ml Low Sodium Soy Sauce & 30ml Rice Wine Vinegar)</i>
90ml	Miso Mayo <i>(75ml That Mayo (Original) & 15ml Miso Paste)</i>
375g	Hot Smoked Trout Fillets
150g	Corn
75g	Pickled Bell Peppers <i>drained & roughly chopped</i>
60g	Spinach <i>rinsed</i>
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. OODS OF NOODS Preheat the oven to 60°C. Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. FEELING NUTTY Place a pan, large enough for the stir fry, over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

3. PREP STEP In a bowl, combine the soy vinegar and 30ml of olive oil until emulsified. Set aside. Place the miso mayo in a small bowl and loosen with water in 5ml increments until drizzling consistency. Set aside for serving.

4. WARM THE TROUT Place the hot smoked trout fillets on a greased baking tray and place in the warm oven for 10 minutes until warmed through.

5. TANGY & UMAMI Return the pan to a high heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until charred, shifting occasionally. Add the chopped pickled peppers and fry for 4-5 minutes until starting to brown, shifting occasionally. Add ½ of the chopped peanuts, the emulsified soy vinegar, the cooked noodles, a sweetener of choice, and seasoning. Cook for 3-4 minutes until the sauce has slightly reduced, tossing occasionally. In the final minute, add the rinsed spinach and cook until wilted.

6. NOODLE MANIA! Make a bed of saucy noodle stir fry. Top with the trout and drizzles of the loosened miso mayo. Garnish with the picked coriander and the remaining peanuts. Wowzers!



Chef's Tip

To emulsify means to combine two ingredients that do not usually mix together. In cooking, it is usually a fat or oil and a water-based liquid. In this case, it's the soy sauce and olive oil!

Nutritional Information

Per 100g

Energy	836kj
Energy	206Kcal
Protein	13.2g
Carbs	22g
of which sugars	2.1g
Fibre	1.4g
Fat	6.9g
of which saturated	1.8g
Sodium	965mg

Allergens

Egg, Gluten, Peanuts, Wheat, Sulphites,
Fish, Soy

Cook
within 2
Days