



U C O O K

— COOKING MADE EASY

SESAME-CRUSTED TROUT

**with wasabi mash & crunchy, pickled
veggies**

A heavenly dinner of rainbow trout, studded with white and black sesame seeds, speckled with spring onion, drizzled with soy sauce, and laid on clouds of wasabi mash. Flavour and texture combos to die for!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

200g	Potato peeled & cut into bite-size chunks
20ml	White Wine Vinegar
20g	Radish thinly sliced into rounds
50g	Cucumber thinly sliced into rounds or ribbons
7.5ml	Wasabi Powder
1	Trout Fillet
15ml	Black & White Sesame Seed Mix (7.5ml black sesame seeds & 7.5ml white sesame seeds)
1	Spring Onion thinly sliced
4g	Fresh Coriander rinsed & picked
10ml	Low-Sodium Soy Sauce

From Your Kitchen

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

1. BOILED POTATOES Place the potato chunks in a pot of salted water over a high heat. Bring to the boil with the lid on. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until soft. On completion, remove from the heat and drain.

2. PICKLE THE VEG Place the white wine vinegar in a bowl with a small splash of warm water. Add 2 tsp of a sweetener of choice and whisk together until dissolved. Toss the sliced cucumber and sliced radish through the mixture and set aside to pickle until serving.

3. WASABI MASH Combine the wasabi powder with 1 tsp of water to form a smooth paste. Mash the cooked potato in the pot with a masher or fork until smooth. Add a splash of milk or water and a knob of butter or coconut oil (optional) and mix until creamy. Stir through some seasoning and the wasabi paste to taste. Pop on the lid and set aside to keep warm while you fry the trout.

4. SESAME-CRUSTED TROUT Pat the trout dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 3-4 minutes. Remove on completion, keeping the pan on the heat. Peel the skin from the trout, return it to the pan, and fry for about a minute each side until crispy. On completion, set aside to drain on some paper towel and keep the pan on the heat. Use the Sesame Seed Crust to coat the side of the trout where the skin was removed. Return to the pan, sesame-crust-side up, and fry for another minute. Remove from the pan on completion.

5. FINAL TOUCHES Just before serving, drain the pickled veggies, reserving the pickling liquid. Roughly chop the crispy trout skin.

6. PLATE UP! Make a bed of spicy wasabi mash and top with the sesame-crusting trout. Serve the pickled veggies on the side with some reserved pickling liquid if you'd like. Sprinkle over the sliced spring onion, crispy trout skin, and fresh coriander. Finish off with a drizzle of soy sauce to taste. Look at you go, Chef!



Chef's Tip

Reserve the pickling liquid from the pickled veggies and use it for a second time in another meal!

Nutritional Information

Per 100g

Energy	375kj
Energy	90Kcal
Protein	7g
Carbs	10g
of which sugars	0g
Fibre	1g
Fat	2g
of which saturated	0g
Salt	0g

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook
within 2
Days