



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: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | Chardonnay Pinot Noir

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

Ingredients & Prep

1 cake	Egg Noodles
10g	Peanuts
25ml	Soy Vinegar <i>(15ml Low Sodium Soy Sauce & 10ml Rice Wine Vinegar)</i>
30ml	Miso Mayo <i>(25ml That Mayo (Original) & 5ml Miso Paste)</i>
125g	Hot Smoked Trout Fillet
50g	Corn
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20g	Spinach <i>rinsed</i>
4g	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 10ml 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 fillet 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 3-4 minutes until charred, shifting occasionally. Add the chopped pickled peppers and fry for 3-4 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 2-3 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