



U C O O K

— COOKING MADE EASY

THE POT LUCK CLUB TROUT

**with soba noodles, edamame & a spicy,
Indonesian-style sauce**

Trout is an amazing source of omega-3 fatty acids and has a rich, but subtly sweet flavour. All this goodness is enhanced by sambal oelek, fresh ginger, sesame oil, honey, and soy sauce. Tuck into an expansive flavour experience...

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Kosmas

 **Easy Peasy**

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Ingredients & Prep

1	Trout Fillet
25ml	Sweet Sesame-Soy <i>(15ml Soy Sauce, 5ml Sesame Oil & 5ml Honey)</i>
10ml	Sambal Oelek
1	Lemon <i>one half cut into wedges</i>
15g	Fresh Ginger <i>peeled & grated</i>
5ml	Sesame Seed Mix
2	Spring Onions <i>thinly sliced on the diagonal</i>
50g	Soba Noodles
40g	Edamame Beans
75g	Asian Slaw
3g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GET STARTED Place the trout skin-side down on some paper towel and set aside. (This will absorb any moisture in the skin and prevent it from sticking to the pan while frying.) In a bowl, combine the Sweet Sesame-Soy with the sambal oelek to taste. Mix in the grated ginger and some lemon juice to taste – we encourage using lots of lemon! Set aside to infuse until serving.

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

3. CHARRED SPRING ONION Boil the kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced spring onion for 2-3 minutes until lightly charred but still crunchy, shifting occasionally. Remove from the pan on completion and set aside for serving.

4. SOBA UP Place a pot for the soba noodles over a high heat and fill with boiling water. Add a pinch of salt and bring back up to the boil. Once boiling, cook the noodles for 6-8 minutes until al dente. In the final minute, add in the edamame beans and allow to heat through. Drain on completion and briefly run under cold water to stop the cooking process. Return the drained noodles and edamame beans to the pot, cover with a lid, and set aside to keep warm.

5. PAN-SEARED TROUT Using a sharp knife, score the trout by gently making a few incisions in the skin, down the length of the fillet, about 2cm apart. Take care not to pierce the flesh. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until the skin is crispy. Flip and fry for a further 30 seconds for a medium-rare result. If you prefer your trout well-done, fry for another minute. On completion, squeeze over some lemon juice to taste and remove from the pan. Just before serving, toss the Asian slaw with the cooked noodles and edamame beans.

6. RELISH THE POT LUCK FLAVOUR! Scoop up a hearty helping of colourful noodles and top with the perfectly pan-seared trout. Sprinkle over the charred spring onion and drizzle liberally with the spicy, Sesame-Soy dressing. Finish off by garnishing with the fresh mint leaves and toasted sesame seeds. Exquisite, Chef!

Nutritional Information

Per 100g

Energy	568kj
Energy	136Kcal
Protein	10.3g
Carbs	14g
of which sugars	1.7g
Fibre	2.2g
Fat	4.7g
of which saturated	0.8g
Sodium	506mg

Allergens

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

Cook
within 1
Day