



UCOOK

Crispy Trout & Rice Patties

with radish, wasabi-kewpie mayo & fresh coriander


Sticky sushi rice and trout are shaped into little patties & fried until golden. Topped with wasabi mayo, this dish is a taste explosion! Sided with a fresh salad and sprinkled with coriander for a fragrant finish. It may require a little effort but it's so worth it once you dig in!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

 Adventurous Foodie

 Leopard's Leap | Culinaria Chenin Blanc

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

Ingredients & Prep

200ml	Sushi Rice
2	Rainbow Trout Fillets
85ml	Kewpie Mayo
10ml	Wasabi Powder
100g	Edamame Beans
40g	Salad Leaves <i>rinsed & roughly shredded</i>
40g	Radish <i>rinsed & sliced into rounds</i>
10ml	Rice Wine Vinegar
40ml	Sweet Soy Sauce
60ml	Cake Flour
8g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. RICE & SHINE! Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 500ml of salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. Remove from the heat.

2. IT'S A-TROUT TIME... Pat the trout dry with paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan. Carefully remove the skin and any bones before flaking the trout into small chunks. Set aside.

3. PREP STEP Boil the kettle. In a bowl, combine the mayo and the wasabi powder (to taste). Add water in 5ml increments until slightly loosened. Set aside. Place the edamame beans in salted boiling water for 3-4 minutes until plump. Drain and place in a salad bowl. Just before serving, add the rinsed salad leaves, the radish rounds, a drizzle of oil, and seasoning to the bowl. Toss until combined.

4. PAT A PATTY When the rice is done, add the vinegar, the sweet soy, and the flaked trout to the rice. Mix until fully combined. Divide the mixture into 6 1cm thick patties. Set aside in the freezer to chill for at least 10 minutes.

5. YUM CRUMB While the patties are in the freezer, whisk 1 egg and a splash of water in a shallow dish. Prepare a second shallow dish containing the flour (seasoned lightly). When the patties have chilled, coat each patty in the egg, and then the flour.

6. ON THE FRY Return the pan, wiped down if necessary, to medium-high heat with enough oil to cover the base. When hot, add the rice patties and fry for 3-4 minutes, shifting as they colour. Remove and drain on paper towel.

7. TIME TO PLATE! Plate up the trout rice patties. Side with the edamame salad and the wasabi mayo for dunking. Sprinkle over the picked coriander. Amazing, Chef!



Chef's Tip

If the rice is too hot to shape into patties, simply set it aside in the fridge for at least 10 minutes until cooled.

Nutritional Information

Per 100g

Energy	1056kJ
Energy	252kcal
Protein	9.7g
Carbs	27g
of which sugars	4.6g
Fibre	1.1g
Fat	4g
of which saturated	0.8g
Sodium	165mg

Allergens

Egg, Gluten, Wheat, Sulphites, Fish, Soy

Cook
within 2
Days