



UCOOK

Charred Miso Trout

with charred green beans, chilli oil & sesame seeds

Trout marinated with miso, served with charred green beans, fluffy rice and fresh spring onion slices. Finished off with a garnish of toasted sesame seeds and nori strips. It's a healthy, heavenly and hearty feast!


Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett

♥ Health Nut

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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Ingredients & Prep

300ml	Brown Basmati Rice
60ml	Miso Paste
4	Rainbow Trout Fillets
20ml	White Sesame Seeds
320g	Green Beans <i>rinsed, trimmed & halved</i>
40ml	Chilli Oil
4	Spring Onions <i>rinsed & finely sliced</i>
1	Nori Sheet <i>cut into 8-10cm rectangles</i>

From Your Kitchen

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

1. FLUFFY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MARINATION STATION Place the miso, 40ml of a sweetener of choice, and 150ml of warm water in a shallow bowl. Mix until fully combined. Pat the trout dry with some paper towel and place in the miso marinade. Leave to marinate for at least 10-15 minutes.

3. POPPIN' SEEDS Place the sesame seeds in a nonstick pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

4. FIERY BEANS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the halved green beans and fry for 4-5 minutes until lightly charred and tender. In the final minute, add the chilli oil and toss until fully coated. Season, remove from the pan and cover to keep warm.

5. BLACKENED TROUT Return the pan, wiped down, to a medium heat with a drizzle of oil. When hot, remove the trout from the marinade, reserving the marinade in the bowl, and fry skin side down for 3-4 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion. Keeping the pan on the heat, deglaze with 200ml of water and the remaining marinade. Simmer for 4-5 minutes until saucy and slightly reduced.

6. IT'S A FEAST Make a bed of fluffy rice. Top with the charred green beans and blackened trout. Drizzle over the miso sauce and sprinkle over the sliced spring onion. Garnish with the toasted sesame seeds. Grab a nori rectangle, load up with the different components, wrap up and enjoy!



Chef's Tip

If you're feeling fancy, cut some of your nori into thin strips and use to garnish your meal.

Nutritional Information

Per 100g

Energy	774kJ
Energy	185Kcal
Protein	12.1g
Carbs	20g
of which sugars	1.4g
Fibre	3.5g
Fat	7.1g
of which saturated	0.9g
Sodium	236mg

Allergens

Gluten, Allium, Sesame, Wheat, Fish,
Soy

Cook
within 2
Days