



# UCOOK

## Rainbow Trout Poke Bowl

with pickled slaw, tamari & kewpie mayo

A queen amongst poke bowls! It's got loads of pazzaz for your palate, with tang from pickled ginger and lime-soaked slaw and cucumber, umami from tamari, richness from mayo and sesame oil, and the pop of toasted sesame seeds.

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**Hands-On Time:** 20 minutes

**Overall Time:** 50 minutes


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**Serves:** 2 People

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**Chef:** Tess Witney

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 Easy Peasy

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 Haute Cabrière | Pierre Jourdan Belle Rosé

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## Ingredients & Prep

1	Lemon <i>zested &amp; cut into wedges</i>
100g	Cucumber <i>sliced into thin half-moons</i>
200g	Shredded Cabbage & Julienne Carrot
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
30ml	Kewpie Mayo
200ml	Sushi Rice
15ml	Mixed Sesame Seeds
2	Rainbow Trout Fillets
130ml	Poke Sauce <i>(60ml Tamari, 40ml Sesame Oil &amp; 30ml Rice Wine Vinegar)</i>
30g	Pickled Ginger <i>drained &amp; roughly chopped</i>
5g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. PREP THE PICKLE** Place the juice of 2 lemon wedges in a bowl with 40ml of water and a sweetener of choice. Mix to combine. Add the cucumber half-moons, the cabbage and carrot, and sliced chilli to taste. Season, toss to coat, and set aside to pickle. Loosen the kewpie mayo with water in 5ml increments until drizzling consistency.

**2. STICKY RICE** Rinse the rice under cold water until it runs clear. (This prevents it from becoming stodgy.) Place in a pot with 500ml of fresh, salted water. Pop on a lid and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10-15 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork. Replace the lid and set aside to steam for at least 5 minutes.

**3. THAT TOASTY SESAME FLAVOUR** Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion.

**4. TAMARI TROUT** Pat the trout dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 1 minute until the skin is crisp but the flesh is not cooked through. Remove on completion, keeping the pan on the heat. Peel off the skin and return it to the pan, setting the flesh aside. Fry the skin for 3-4 minutes per side until crispy. Remove from the pan and set aside to drain on paper towel. Roughly chop the skin when cool enough to handle. Place the poke sauce in a bowl. Slice the flesh into bite-size cubes and gently toss through the sauce until coated. Allow to marinate until serving, or cook further following Step 5 if you prefer well-done trout.

**5. OPTIONAL STEP** To cook the trout further, return the pan to a medium heat. When hot, add in the trout cubes, reserving the poke sauce in the bowl. Flash fry for 1 minute until cooked through, shifting occasionally. Return to the bowl on completion and toss until coated.

**6. READY A BOWL!** Pile in the sticky rice, cover with the slaw, and scatter over the trout. Drizzle over the reserved poke sauce to taste. Sprinkle with the crispy skin, toasted sesame seeds, chopped pickled ginger, and any remaining chilli if you'd like. Finish off with a drizzle of kewpie mayo and garnish with the chopped coriander and any remaining lemon wedges. It's poke time!



## Chef's Tip

Reserve the pickling liquid from the pickled slaw and cucumber, store it in the fridge, and use it for a second time in another meal!

## Nutritional Information

Per 100g

Energy	751kj
Energy	180Kcal
Protein	7.6g
Carbs	16g
of which sugars	1.3g
Fibre	1.3g
Fat	7.2g
of which saturated	1.2g
Sodium	385mg

## Allergens

Egg, Sesame, Sulphites, Fish, Soy

Cook  
within 2  
Days