



UCOOK

Sweet Soy Trout & Herb Rice Pilaf

with spring onion & peanuts

From India to Turkey and the Caribbean, rice pilaf has many versions. Our UCOOK creation features jasmine rice cooked in coconut cream & chicken stock until fluffy, then dotted with plump peas, spring onion & fresh basil. Topped with a flaky trout coated in a sweet-soy sauce. Add a kick of chilli and a crunch of toasted peanuts, and you'll be hooked on this exquisite meal.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Samantha du Toit

Adventurous Foodie

KWV - The Mentors | KWV The Mentors
Chenin Blanc

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Ingredients & Prep

8g	Fresh Basil
8g	Fresh Parsley
225ml	Jasmine Rice <i>rinse</i>
15ml	Chicken Stock
300ml	Coconut Cream
2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
150g	Peas
90ml	Soy Sauce Mix <i>(45ml Low Sodium Soy Sauce & 45ml Indo Soy Sauce)</i>
2	Garlic Cloves <i>peel & grate</i>
30g	Fresh Ginger <i>peel & grate</i>
2	Fresh Chillies <i>rinse, deseed & finely slice</i>
30g	Peanuts <i>roughly chop</i>
3	Rainbow Trout Fillets

From Your Kitchen

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

1. COCONUT & PEA RICE Rinse, pick, and roughly chop the basil and the parsley separately. Place the rinsed rice in a pot with the chicken stock, the coconut cream, and 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. In the final 2-3 minutes, stir through the sliced spring onion whites, the peas, and ½ the chopped basil. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SWEET-SOY SAUCE In a bowl, combine the soy sauce mix, the chopped parsley, the grated garlic & ginger, ½ the sliced chilli (to taste), a sweetener (to taste), and seasoning.

3. TOASTED PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. NOW ABOUT THE TROUT Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Add the sauce, remove from the heat, and season.

5. DIVE INTO A DIVINE DINNER Plate up the rice pilaf. Side with the sweet-soy trout. Drizzle over any remaining pan juices. Garnish with the remaining basil, the sliced spring onion greens, the remaining chilli (to taste), and the toasted peanuts.

Nutritional Information

Per 100g

Energy	786kj
Energy	188kcal
Protein	9.2g
Carbs	20g
of which sugars	4.1g
Fibre	1.6g
Fat	7.5g
of which saturated	4.2g
Sodium	372mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy

Eat
Within
2 Days