



UCOOK

Trout Poke Bowl

with wasabi Kewpie Mayo & pickled veg


If you've ever been in doubt whether you like trout, this recipe will make up your mind to a resounding: Yes! You will be serving up a colourful, taste bud-tantalising poke bowl filled with satisfying sushi rice & steamed edamame beans, pickled veggies, black sesame seeds, pickled ginger, spicy wasabi mayo, and tasty trout. Finished with fresh coriander & lemon wedges. There's no poking holes in this wonderful dish!


Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Simonsig | Kaapse Vonkel Brut Rosé

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Ingredients & Prep

300ml	Sushi Rice
100g	Edamame Beans
2	Lemons <i>1½ cut into wedges</i>
150g	Cucumber <i>sliced into thin half-moons</i>
240g	Carrot <i>peeled, trimmed & cut into thin matchsticks</i>
15ml	Wasabi Powder
90ml	Kewpie Mayo
15ml	Black Sesame Seeds
190ml	Poke Sauce <i>(85ml Low Sodium Soy Sauce, 60ml Sesame Oil & 45ml Rice Wine Vinegar)</i>
3	Rainbow Trout Fillets
45g	Pickled Ginger <i>drained & roughly chopped</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. ENTICE WITH THIS RICE Rinse the rice under cold water until it runs clear. (This prevents it from becoming stodgy.) Place in a pot with 750ml of salted water. Pop on the lid and place over medium-high heat. Once boiling, reduce the heat and simmer for 10-15 minutes or until all the water has been absorbed and the rice is tender. Remove from the heat and mix through the edamame beans. Cover with the lid and steam for at least 5 minutes.

2. SWEET-SHARP VEGGIES In a bowl, combine the juice of 3 lemon wedges, 60ml of water, seasoning, and a sweetener of choice. Add the cucumber half-moons and the carrot matchsticks. Toss until coated and set aside to pickle.

3. WASAAAA-BI? In a bowl, combine the wasabi powder (to taste) and the mayo. Loosen with water in 5ml increments until a drizzling consistency.

4. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.

5. TASTY TROUT Place the poke sauce in a bowl. 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 2-3 minutes until crispy. Flip, and fry for 30-60 seconds or until cooked through. Remove from the pan and place on a chopping board. Using a fork, flake the trout. Add to the bowl with the poke sauce and toss until coated.

6. READY TO BOWL AWAY! Dish up the edamame rice. Top with the pickled veg and scatter over the trout. Drizzle over any remaining poke sauce (to taste). Sprinkle over the toasted sesame seeds and the chopped pickled ginger. Drizzle over the wasabi mayo, garnish with the chopped coriander, and serve with any remaining lemon wedges. It's poke time!

Chef's Tip

For crispy trout skin, remove the skin from the trout before frying and fry in oil for 1-2 minutes per side until crispy. Chop into pieces. Scatter over the poke bowl when plating!

Nutritional Information

Per 100g

Energy	743kj
Energy	178kcal
Protein	7.2g
Carbs	16g
of which sugars	1.5g
Fibre	1.5g
Fat	6.2g
of which saturated	1g
Sodium	244mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites,
Fish, Soy

Cook
within 2
Days