UCOOK

COOKING MADE EASY

TROUT POKE BOWL

with tamari, pickled ginger & Asian slaw

A queen among poke bowls! All the nourishment of brown basmati and slaw, and all the flavour of lime, honey, and chilli. You also have the option to par-cook the trout for a true poke experience.

Hands-On Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Tami Schrire

Health Nut

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Ingredients & Prep

4	Chillies deseeded & finely sliced
400ml	Brown Basmati Rice
400g	Asian Slaw
20ml	Sesame Seeds
90ml	Honey-Lime Dressing (30ml honey & 60ml lime juice)
100ml	Tamari-Sesame (60ml sesame oil & 40ml tamari)
4	Trout Fillets
60g	Pickled Ginger drained & roughly chopped, reserving the liquid
20g	Fresh Coriander rinsed & roughly chopped

From Your Kitchen

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

1. BASMATI RICE Rinse the rice and place in a pot. Submerge it in 750ml of water. Bring to the boil with the lid on. Once boiling, reduce the heat and simmer for 20 minutes until the water has been absorbed. Then, keeping the lid on, remove from the heat and allow to steam for a further 10 minutes.

2. ASIAN SLAW Place the Asian slaw in a large bowl. Toss through half of the Honey-Lime Dressing and sliced chilli to taste. Season to taste and set aside. In a large bowl, combine the remaining Honey-Lime Dressing with the Tamari-Sesame.

3. TOASTED SESAME SEEDS Place the sesame seeds in a large, nonstick pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside for serving.

4. OMEGA-RICH TROUT Pat the trout dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for about a minute until only partially cooked through. Remove the trout from the pan, keeping the pan on the heat. Remove the skin from the trout and return it to the pan. Fry the skin for 2 minutes each side until crispy. Remove from the pan and drain on some paper towel. Roughly chop the skin and set aside for serving. Cut the trout flesh into bite-size cubes. Add to the bowl of tamari-lime dressing. Leave to marinate until serving, or cook further using step 5 if you prefer well-done trout.

5. OPTIONAL FRYING STEP If you'd like to cook the trout further, return the pan to a medium heat. When hot, add in the trout cubes, reserving the dressing in the bowl. Flash fry for about a minute until cooked to your preference, shifting occasionally. Remove from the pan on completion, return to the bowl, and toss to coat.

6. FINISH THE RICE When the rice is cooked, fluff up with a fork. Toss through three quarters of the chopped coriander and season to taste.

7. DEVOUR! Ready some bowls and pile with the coriander rice. Top with some slaw (use or lose the dressing as you wish!) and the trout pieces. Scatter over the crispy trout skin and the chopped pickled ginger to taste. Garnish with toasted sesame seeds, the remaining coriander, and any remaining fresh chilli, if you'd like. Yum!

Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure that perfect, fluffy texture!

Nutritional Information

Per 100g

Energy (kj)	728kj
Energy (kcal)	174kcal
Protein	10g
Carbs	21g
of which sugars	3g
Fibre	3g
Fat	6g
of which saturated	1g
Salt	1g

Allergens

Sesame, Sulphites, Fish, Soy

Cook within 2 Days