



U C O O K

— COOKING MADE EASY

BALTI-STYLE CURRIED TROUT

with fragrant coconut curry sauce & rice
noodles

This warm and flavourful Balti coconut sauce compliments the flakey trout beautifully. The Balti curry paste has hints of ginger, garlic, fennel and cardamom. Served over silky noodles with pak choi and spring onion.

Prep + Active Time: 30 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Alex Levett

 **Easy Peasy**

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Ingredients

100g	Pak Choi
5ml	Vegetable Stock
75g	Rice Noodles
1	Spring Onion
<i>thinly sliced, keeping the green & white parts separate</i>	
10ml	Balti Curry Paste
100ml	Coconut Cream
1	Trout Fillet
1	Lemon
<i>one half cut into wedges</i>	
10g	Coconut Flakes

From Your Kitchen

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



CHEF'S TIP

Trout contains high levels of vitamin D. It helps to maintain the levels of Calcium and Phosphorus that are vital for healthy bones. It also activates T-cells, which play a role in fighting infections.

1. GET PREPPED

Boil a full kettle for the noodles and the stock. Remove the base of the pak choi where the leaves join. Separate the leaves and rinse well. Cut off the stems and thinly slice them. Then, slice the leaves in half lengthways. Dilute the vegetable stock with 50ml of boiling water.

2. OODLES OF NOODLES

Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test and drain on completion. Toss through some oil to prevent sticking.

3. SILKY SAUCE

Place a pot over a medium heat with a drizzle of oil. When hot, add the sliced pak choi stems and the sliced spring onion whites. Fry for 2-3 minutes until softened. Add the balti curry paste and cook for about a minute, stirring continuously. Then, pour in the coconut cream and the diluted stock and bring to a simmer. Allow to reduce for 5-6 minutes until slightly thickened.

4. FRY THE TROUT

While the sauce is reducing, pat the trout dry with some paper towel and season. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes. Flip and fry for a further 30-60 seconds or until cooked to your preference. Remove from the pan on completion.

5. FINAL TOUCHES

To finish off the Balti curry sauce, add in the halved pak choi leaves and cook for 1-2 minutes until wilted. Taste to test and add a squeeze of lemon juice, seasoning, and a sweetener of choice to taste. Remove from the heat.

6. BALTI TIME!

Make a bed of rice noodles. Top with the pan-fried trout and pour over the silky Balti curry sauce. Garnish with the remaining sliced spring onion greens, toasted coconut flakes, and a lemon wedge. Dig in!

Nutritional Information

Per Serving

Energy (kj)	3402
Energy (kcal)	813
Protein	37
Carbs	80
of which sugars	5
Fibre	5
Fat	41
of which saturated	27
Salt	2

Cook within: 2 days

Allergens: Allium Sulphites Fish



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Dairy-Free