



UCOOK

Tandoori Spiced Trout

with roasted cauliflower & pickled cucumber

Tandoori spiced trout in a coconut curry sauce on a bed of fluffy white basmati rice. Served with roasted cauliflower, pickled cucumber, toasted cashews and fresh coriander

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Fat Bastard | Rosé

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Ingredients & Prep

300g	Cauliflower Florets <i>cut into bite-sized chunks</i>
225ml	White Basmati Rice
45ml	Rice Wine Vinegar
150g	Cucumber <i>finely diced</i>
45g	Cashew Nuts
3	Rainbow Trout Fillets
2	Onions <i>1½ peeled & finely diced</i>
60g	Fresh Ginger <i>peeled & grated</i>
3	Garlic Cloves <i>peeled & grated</i>
45ml	NOMU Tandoori Rub
300ml	Coconut Milk
30ml	Lime Juice
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. LET'S GO! Preheat the oven to 200°C. Spread out the cauliflower chunks on a roasting tray, coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp.

2. RICE & SHINE Rinse the rice and place in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. PICKLE TIME Place the rice wine vinegar, 3 tbsp of water, and 1 tbsp of a sweetener of choice in a bowl. Mix until the sweetener is fully dissolved. Toss through the diced cucumber and set aside to pickle.

4. IT'S TOASTY IN HERE Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop.

5. ALL TOGETHER NOW Pat the trout fillets dry with some paper towel. Season with salt, pepper and ½ of the Tandoori Rub. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the trout fillets skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. Remove from the pan on completion. Keeping the pan on the heat, add the diced onion. Fry for 4-6 minutes until soft and translucent, shifting occasionally. Add the grated ginger, the grated garlic and the remaining Tandoori Rub (to taste). Fry for 1-2 minutes, until fragrant, shifting constantly. Stir in the coconut milk and bring up to a simmer for 6-7 minutes until silky consistency. Add the trout back to the pan, skin side up, and cook for a further 30-60 seconds until warmed through. Season to taste with lime juice, a sweetener of choice, salt and pepper. Drain the pickling liquid from the cucumber.

6. PLATE IT UP Plate up the fluffy basmati rice, top with the spiced trout, and pour over the tandoori curry sauce. Top with the roasted cauliflower and spoon on some pickled cucumber. Garnish with the toasted cashews and coriander. Delish!

Nutritional Information

Per 100g

Energy	531kJ
Energy	127Kcal
Protein	6.3g
Carbs	14g
of which sugars	1.7g
Fibre	1.6g
Fat	4.9g
of which saturated	2.6g
Sodium	119mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days