

# UCOOK

## Sesame-crusted Trout Fillet

with jasmine rice & smashed cucumbers

Beautiful trout fillet is basted in a sweet-sticky indo soy sauce and coated in a toasted sesame seed crust. Served on a bed of fluffy jasmine rice and sided with crunchy cabbage and a salad of zesty chilli smashed cucumber. Finished with a garlic mayo drizzle.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Megan Bure

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Fan Faves

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 Creation Wines | Creation Rosé

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## Ingredients & Prep

150ml	Jasmine Rice <i>rinse</i>
100g	Cucumber <i>rinse</i>
20ml	Rice Wine Vinegar
5ml	Dried Chilli Flakes
30ml	Mixed Sesame Seeds
2	Rainbow Trout Fillets
20ml	Sweet Indo Soy Sauce
100g	Cabbage <i>rinse &amp; thinly slice</i>
60ml	Mayo
20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Paper Towel  
Butter (optional)  
Rolling Pin

**1. SUMPTUOUS RICE** Place the rinsed rice in a pot with 300ml 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. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. SMASHING...** Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces and salt lightly. In a bowl, combine the rice wine vinegar, 2 tbsp of a sweetener (to taste), 1 tbsp of water, and the chilli flakes (to taste). Mix until fully combined. Add the cucumber pieces and toss. Set aside.

**3. TOASTY SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. TASTY TROUT** Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the trout skin-side down until crispy, 2-3 minutes. Flip and baste with the sweet soy sauce. Fry until cooked through to your preference, basting continuously, 30-60 seconds. Remove from the pan, reserving any remaining pan juices, and place the trout onto the toasted sesame, flesh side down. Press to ensure the seeds stick.

**5. THE FINAL TOUCHES** Return the pan, wiped down, to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the cabbage until slightly wilted, 1-2 minutes. Remove from the heat and season. In a small bowl, combine the mayo with the lemon juice. Season and loosen with water or milk (optional) in 5ml increments until drizzling consistency.

**6. PLATE IT UP!** Make a bed of the lush jasmine rice and top with the sesame-crusted trout. Serve the wilted cabbage and the smashed cucumbers alongside. Drizzle over the mayo. Enjoy!

## Nutritional Information

Per 100g

Energy	709kj
Energy	170kcal
Protein	8.2g
Carbs	18g
of which sugars	3.7g
Fibre	1.3g
Fat	7g
of which saturated	0.9g
Sodium	154mg

## Allergens

Gluten, Sesame, Wheat, Sulphites, Fish, Soy

Eat  
Within  
2 Days