

UCCOOK

Herb Rice Pilaf & Sweet Soy Trout

with spring onion & peanuts

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	791kj	3438kj
Energy	189kcal	822kcal
Protein	9.2g	39.9g
Carbs	20g	88g
of which sugars	4.1g	17.9g
Fibre	1.6g	6.9g
Fat	7.5g	32.7g
of which saturated	4.2g	18.4g
Sodium	386mg	1679mg

Allergens: Sulphites, Fish, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
5ml	10ml	Vegetable Stock
100ml	200ml	Coconut Cream
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
50g	100g	Peas
30ml	60ml	Soy Sauce Mix <i>(15ml [30ml] Low Sodium Soy Sauce & 15ml [30ml] Sweet Indo Soy Sauce)</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
10g	20g	Peanuts <i>roughly chop</i>
1	2	Rainbow Trout Fillet/s

From Your Kitchen

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

1. COCONUT & PEA RICE Place the rice in a pot with the stock, the coconut cream, and 50ml [100ml] 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. In the final 2-3 minutes, stir through the spring onion whites and the peas. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SWEET SOY SAUCE In a bowl, combine the soy sauce mix, the parsley, the garlic and ginger, ½ the chilli (to taste), a sweetener (to taste), and seasoning.

3. TOASTED PEANUTS Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. NOW ABOUT THE TROUT Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Add the sauce, remove from the heat, and season.

5. DIVE INTO A DIVINE DINNER Plate up the rice pilaf. Side with the sweet soy trout. Drizzle over any remaining pan juices. Garnish with the remaining spring onion greens, the remaining chilli (to taste), and the peanuts.