



U C O O K

— COOKING MADE EASY

Rainbow Trout Poke Bowl

with a tamari-sesame marinade & toasted hemp hearts

A queen amongst poke bowls! This one has all the nourishment of brown basmati rice and colourful slaw, plus the flavour of tamari, sesame oil, and pickled ginger. You've also got the option to enjoy your trout par-cooked, for a more authentic poke experience!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Tami Schrire



Health Nut

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Ingredients & Prep

400ml	Brown Basmati Rice
20ml	Hemp Seed Hearts
400g	Shredded Red & White Cabbage
4	Fresh Chilli <i>deseeded & thinly sliced</i>
60ml	Rice Wine Vinegar
100ml	Tamari-Sesame <i>(60ml Tamari & 40ml Sesame Oil)</i>
60ml	The Real Food Factory Hemp & Coriander Pesto
4	Rainbow Trout Fillet
60g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. COOK THE BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. HEMP HEARTS Place a large, nonstick pan over a medium heat. When hot, toast the hemp hearts for 1-2 minutes until lightly browned, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pan on completion and set aside to cool.

3. POKE BOWL PREP Place the shredded cabbage and the sliced chilli (to taste) in a bowl. Pour over half of the rice wine vinegar and season to taste. Toss to coat and set aside until serving. Place the remaining rice wine vinegar in a separate, medium-sized bowl. Add in the tamari-sesame sauce, mix to combine, and set aside. Loosen the hemp & coriander pesto with a drizzle of olive oil and set aside for serving.

4. TAMARI-SESAME 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 the skin is crisp but the flesh is not cooked through. Remove on completion, keeping the pan on the heat. Peel off the skin and return it to the hot pan, setting the flesh aside. Fry the skin for 2 minutes per side until crispy. Remove from the pan and drain on some paper towel. Cut the trout flesh into bite-size cubes and add to the bowl of tamari-sesame sauce. Gently toss to coat and allow to marinate until serving, or cook further using step 5 if you prefer well-done trout. Roughly chop the skin and set aside for serving.

5. OPTIONAL 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 marinade in the bowl. Flash fry for about a minute until cooked through, shifting occasionally. Return to the bowl on completion and toss until coated in marinade.

6. READY SOME BOWLS! Pile in the nutty basmati and cover with the slaw. Scatter the trout pieces over the top. Sprinkle with the crispy skin and the chopped, pickled ginger to taste. Garnish with the toasted hemp hearts and sprinkle over any remaining fresh chilli if you'd like. Finish off with a drizzle of hemp & coriander pesto. Poke time!



Chef's Tip

Trout is one of the few non-sun sources of vitamin D. It helps immune cells to fight off infections, so tuck into that nourishing trout whenever you can!

Nutritional Information

Per 100g

Energy	762kJ
Energy	182Kcal
Protein	10.6g
Carbs	19g
of which sugars	1.2g
Fibre	2.6g
Fat	7.6g
of which saturated	1.1g
Sodium	372mg

Allergens

Allium, Sesame, Sulphites, Fish, Tree Nuts, Soy

Cook
within 2
Days