

UCCOOK

Malay-style Trout

with pickled beetroot & golden sultanas

Hands-on Time: 15 minutes

Overall Time: 20 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	334kJ	1589kJ
Energy	80kcal	380kcal
Protein	6.6g	31.5g
Carbs	7g	35g
of which sugars	5g	26g
Fibre	1g	5g
Fat	2.1g	10.1g
of which saturated	0.5g	2.5g
Sodium	60.7mg	288.7mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Rainbow Trout Fillet/s
5ml	10ml	Spice & All Things Nice Cape Malay Curry Paste
75g	150g	Julienne Beetroot
60ml	120ml	Pickling Liquid (50ml [100ml] White Wine Vinegar & 10ml [20ml] Coconut Sugar)
2,5ml	5ml	Spice Mix (1,25ml [2,5ml] Ground Turmeric & 1,25ml [2,5ml] Ground Cumin)
40ml	80ml	Low Fat Plain Yoghurt
100g	200g	Cucumber <i>rinse & cut into matchsticks</i>
20g	40g	Golden Sultanas <i>roughly chop</i>
40g	80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. SOME PREP Pat the trout dry with paper towel. Smear the curry paste over the trout flesh side and season. In a bowl, combine the beetroot with the pickling liquid and set aside in the fridge.

2. SPICY YOGHURT Place a pan over medium heat with the spice mix. Toast until fragrant, 1-2 minutes. Remove from the pan and combine with the yoghurt. Loosen with water in 5ml increments until drizzling consistency and add seasoning.

3. ABOUT THE TROUT Return the pan to medium-high heat with a drizzle of oil. Fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan.

4. UN-BEETABLE In the bowl with the beetroot, drain the pickling liquid, and reserve. Add the cucumber, the green leaves and the sultanas. Dress with the reserved pickling liquid (to taste), toss to combine, and add seasoning.

5. DINNER IS READY Dish up the loaded salad, top with the Malay-style trout, and drizzle over the spiced yoghurt. Dig in, Chef!