Eat Within 2 Days

QCOOK

Bertha's Vietnamese-style Trout

with edamame, ginger & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Bertha Winery

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	698kJ	2552kJ
Energy	167kcal	610kcal
Protein	8.9g	32.5g
Carbs	17g	62g
of which sugars	0.7g	2.6g
Fibre	0.7g	2.7g
Fat	7g	25.6g
of which saturated	3.6g	13.2g
Sodium	197mg	719mg

Allergens: Soya, Allium, Sesame, Sulphites, Fish

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2 stalks	2 stalks	Lemongrass
30g	40g	Fresh Ginger *peel & grate*
2	2	Garlic Cloves *peel & grate*
300ml	400ml	Coconut Milk
8g	10g	Fresh Coriander *rinse & roughly chop*
120g	160g	Edamame Beans
60ml	80ml	Low Sodium Soy Sauce
15ml	20ml	Sesame Oil
150g	200g	Mung Bean Noodles
3	4	Rainbow Trout Fillets
7,5ml	10ml	Dried Chilli Flakes

From Your Kitchen

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

1. SOME PREP Trim off the very top and the base of the lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice.

2. AMAZING AROMATICS Place a pan over medium heat with a drizzle of oil. When hot, fry the lemongrass until fragrant, 2-3 minutes. Add the ginger and garlic and fry for a further 1-2 minutes. Deglaze the pan with a splash of water and the coconut milk. Reduce the heat and add ½ the coriander, the edamame beans, the soy sauce, sesame oil (to taste) and some seasoning. Remove from the heat and close with a lid.

3. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water. Add the noodles to the lemongrass sauce, tossing them through the sauce so all the noodles are coated. Season and return the lid to keep the food warm.

4. FLIPP'N GOOD FISH Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. 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 and season.

5. YOU'VE OUTDONE YOURSELF Plate up the noodles, topped with the fish. Ganish with the remaining coriander and chilli flakes. Dinner is ready, Chef!