

# UCOOK

## Sesame-crusted Trout Fillet

with jasmine rice & smashed cucumbers

Beautiful trout fillets are 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 pak choi and a salad of zesty chilli smashed cucumber. Finished with a kewpie mayo drizzle.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Adventurous Foodie

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 Creation Wines | Creation Rosé

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## Ingredients & Prep

75ml	Jasmine Rice <i>rinsed</i>
100g	Cucumber <i>rinsed &amp; cut into bite-sized pieces</i>
15ml	Rice Wine Vinegar
2,5ml	Dried Chilli Flakes
20ml	Mixed Sesame Seeds
1	Rainbow Trout Fillet
15ml	Sweet Indonesian Soy Sauce
100g	Pak Choi <i>trimmed at the base &amp; rinsed</i>
1	Spring Onion <i>rinsed, trimmed &amp; finely sliced, keeping the white &amp; green parts separate</i>
30ml	Kewpie Mayo
15ml	Lemon Juice

## From Your Kitchen

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

**1. COOK THE RICE** Place the rinsed rice in a pot with 150ml 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, 1 tbsp of sweetener, 1 tbsp of water, and the chilli flakes (to taste). Add the cucumber pieces and toss together. 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, 30-60 seconds (basting continuously). Remove from the pan, reserving any remaining pan juices, and place the trout flesh side down onto the toasted sesame seeds. Press down to ensure the seeds stick.

**5. FRY UP** Finely slice the pak choi stems and set aside. Roughly shred the leafy parts, keeping them separate from the stems. Wipe down the pan if necessary and return it to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the pak choi stems and the spring onion whites until slightly wilted, 2-3 minutes. Add the pak choi leaves and fry until wilted, 1-2 minutes. Remove from the heat and season.

**6. THE FINAL TOUCHES** 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.

**7. PLATE IT UP!** Make a bed of the lush jasmine rice and top with the sesame-crusted trout, drizzled with the remaining pan juices. Serve the wilted pak choi and the smashed cucumbers alongside. Garnish with drizzles of kewpie mayo, and scatter over the spring onion greens. Enjoy!

## Nutritional Information

Per 100g

Energy	662kj
Energy	158kcal
Protein	7.1g
Carbs	15g
of which sugars	2.9g
Fibre	1.1g
Fat	3.8g
of which saturated	0.7g
Sodium	140mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook  
within 2  
Days