



# WCOOK

## Waterford's Trout Poke Bowl

with wasabi Kewpie mayo & pickled veg

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Waterford Estate

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 755kJ    | 3403kJ      |
| Energy             | 181kcal  | 814kcal     |
| Protein            | 5.5g     | 24.7g       |
| Carbs              | 18g      | 80g         |
| of which sugars    | 2.1g     | 9.5g        |
| Fibre              | 1.9g     | 8.4g        |
| Fat                | 9.3g     | 41.8g       |
| of which saturated | 0.8g     | 3.7g        |
| Sodium             | 447mg    | 2016mg      |

**Allergens:** Soya, Egg, Gluten, Sesame, Wheat, Sulphites,  
Fish

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

|        |         |  |
|--------|---------|--|
| 75ml   | 100ml   | Sushi Rice<br><i>rinse</i>   |
| 1 pack | 2 packs | Smoked Trout Ribbons   |
| 50ml   | 100ml   | Poke Sauce<br><i>(30ml [60ml] Low Sodium Soy Sauce, 12,5ml [25ml] Sesame Oil &amp; 7,5ml [15ml] Lemon Juice)</i> |
| 20ml   | 40ml    | Red Wine Vinegar   |
| 50g    | 100g    | Cucumber<br><i>rinse &amp; cut into half-moons</i>   |
| 120g   | 120g    | Carrot<br><i>peel &amp; cut into matchsticks</i>   |
| 50g    | 100g    | Edamame Beans  |
| 5ml    | 10ml    | Wasabi Powder  |
| 30ml   | 60ml    | Kewpie Mayo  |
| 10ml   | 20ml    | Black Sesame Seeds   |
| 15g    | 30g     | Pickled Ginger<br><i>drain &amp; roughly chop</i>  |
| 3g     | 5g      | Fresh Coriander<br><i>rinse &amp; roughly chop</i>   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

1. **SUSHI RICE** Place the rice in a pot with 225ml [450ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 15-20 minutes. Remove from the pot and spread on a plate to cool slightly. Fluff with a fork and cover.

2. **TASTY TROUT** Roughly chop the trout ribbons into pieces and place in a bowl with the poke sauce. Toss so all the trout is covered in the sauce. Leave to marinate until plating up.

3. **PICKLE & PLUMP UP** Boil the kettle. In a bowl, combine the vinegar, 20ml [40ml] of water, seasoning, and a sweetener of choice. Add the cucumber and the carrot. Toss until coated and set aside to pickle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. **WASAAAA-BI?** In a bowl, combine the wasabi powder (to taste) and the mayo. Loosen with water in 5ml increments until a drizzling consistency.

5. **OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.

6. **PERFECT POKE BOWL** Dish up the sushi rice into a shallow bowl. Add the pickled cucumber, the carrot, the edamame beans, the ginger and the trout ribbons, poke bowl style. Pour over any remaining marinade. Garnish with the coriander and sesame seeds. Drizzle over the wasabi mayo. Yum, what a treat, Chef!