

# UCCOOK

## Herb Rice Pilaf & Sweet Soy Trout

with spring onion & peanuts

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 786kJ    | 3438kJ      |
| Energy             | 188kcal  | 822kcal     |
| Protein            | 9.2g     | 40.1g       |
| Carbs              | 20g      | 88g         |
| of which sugars    | 4.1g     | 18.1g       |
| Fibre              | 1.6g     | 6.9g        |
| Fat                | 7.5g     | 32.9g       |
| of which saturated | 4.2g     | 18.4g       |
| Sodium             | 372mg    | 1629mg      |

**Allergens:** Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 225ml    | 300ml      | Jasmine Rice<br><i>rinse</i>   |
| 15ml     | 20ml       | Chicken Stock  |
| 300ml    | 400ml      | Coconut Cream  |
| 2        | 2          | Spring Onions<br><i>rinse, trim &amp; finely slice,<br/>keeping the white &amp; green<br/>parts separate</i> |
| 150g     | 200g       | Peas   |
| 90ml     | 120ml      | Soy Sauce Mix<br><i>(45ml [60ml] Low Sodium<br/>Soy Sauce &amp; 45ml [60ml]<br/>Sweet Indo Soy Sauce)</i>    |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>   |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>   |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>  |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely<br/>slice</i>  |
| 30g      | 40g        | Peanuts<br><i>roughly chop</i>   |
| 3        | 4          | Rainbow Trout Fillets  |

## From Your Kitchen

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

**1. COCONUT & PEA RICE** Place the rice in a pot with the chicken stock, the coconut cream, and 150ml [200ml] 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. In the final 2-3 minutes, stir through the spring onion whites and the peas. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. SWEET-SOY SAUCE** In a bowl, combine the soy sauce mix, the parsley, the garlic & ginger, ½ the chilli (to taste), a sweetener (to taste), and seasoning.

**3. TOASTED PEANUTS** Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. NOW ABOUT THE TROUT** Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Add the sauce, remove from the heat, and season.

**5. DIVE INTO A DIVINE DINNER** Plate up the rice pilaf. Side with the sweet soy trout. Drizzle over any remaining pan juices. Garnish with the remaining spring onion greens, the remaining chilli (to taste), and the peanuts.