



UCOOK

Japanese-style Trout & Sushi Rice

with pickled cucumber, radish & ginger

A vibrant mix of cucumber & radish is dressed in a zesty lemon & sweetener infusion for a refreshing crunch. Toasted sesame seeds add a nutty note, while crispy nori strips elevate the umami-ness. Just add drizzles of wasabi mayo over tender trout ribbons, chopped pickled ginger, and delicately fluffy sushi rice, and you've got the best sushi bowl in town.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 Strandveld | Skaamgesiggie MCC Brut Rosé

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Ingredients & Prep

100ml	Sushi Rice <i>rinse</i>
100g	Cucumber
20g	Radish
15ml	Lemon Juice
5ml	Black Sesame Seeds
1	Nori Sheet
50ml	Kewpie Mayo
2,5ml	Wasabi Powder
1 pack	Smoked Trout Ribbons
20g	Pickled Ginger

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SUSHI RICE Place the rinsed rice in a pot with 300ml 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. Fluff with a fork and cover.

2. PICKLING Rinse the cucumber and the radish. Cut the cucumber into matchsticks and thinly slice the radish into rounds. In a bowl, combine the lemon juice, 1 tbsp of water, and 5ml of sweetener. Add the cucumber matchsticks and the radish rounds. Toss to combine, season, and set aside.

3. SESAME Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. NORI Slice $\frac{1}{4}$ of the nori sheet into thin strips. Return the pan to medium heat with the nori strips. Toast until crispy, 1-2 minutes.

5. WASABI MAYO & TROUT In a small bowl, combine the kewpie mayo with the wasabi powder (to taste). Add water in 5ml increments until drizzling consistency. Roughly chop the trout ribbons. Drain and roughly chop the pickled ginger.

6. TIME TO FEAST Bowl up the sushi rice. Top with the chopped trout, the chopped ginger, and the pickled cucumber & radish. Drizzle over the wasabi mayo. Sprinkle over the nori strips (to taste) and scatter over the toasted sesame seeds. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	967kJ
Energy	231kcal
Protein	5.5g
Carbs	23g
of which sugars	0.7g
Fibre	1.4g
Fat	3.3g
of which saturated	0.7g
Sodium	281.2mg

Allergens

Egg, Sesame, Sulphites, Fish, Soy

Cook
within 2
Days