



UCOOK

Za'atar Trout & Tahini

with flaked almonds, fresh mint & lemon

Za'atar crusted trout fillet sits atop fluffy white rice laced with chopped nuts, golden sultanas, and fresh mint. Doused in a sauce of tahini and garlic and served with a fresh carrot ribbon and feta salad. Gorgeous!


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Easy Peasy

 Warwick Wine Estate | First Lady Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

| | |
|-------|--|
| 150ml | White Basmati Rice |
| 30g | Flaked Almonds |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 30ml | Tahini |
| 1 | Lemon <i>zested & cut into wedges</i> |
| 2 | Rainbow Trout Fillets |
| 30ml | Za'atar |
| 240g | Carrot <i>peeled, trimmed & peeled into ribbons</i> |
| 8g | Fresh Mint <i>rinsed, picked & roughly chopped</i> |
| 100g | Danish-style Feta <i>drained</i> |
| 20g | Golden Sultanas <i>roughly chopped</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Milk

1. RICE & SHINE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. TOAST Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes, shifting occasionally. Remove from the pan on completion and roughly chop.

3. GETTING SAUCY Place a small pot over a medium heat with a drizzle of oil. When hot, fry the grated garlic for 30-60 seconds until fragrant, shifting constantly. Remove from the heat, and vigorously whisk in the tahini, 90ml of milk and the lemon zest until smooth and a saucy consistency. Season to taste. Cover to keep warm. Just before serving, add a splash of milk if it's too thick.

4. SPICED TROUT Pat the trout fillets dry with paper towel. Coat the flesh in the za'atar, pressing down to coat well. Return the pan to a medium heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference.

5. ALMOST THERE In a bowl, place the carrot ribbons, ½ the fresh mint, a drizzle of olive oil, and some seasoning. Crumble in the drained feta and toss until fully combined. Mix the sultanas, and ½ the chopped flaked almonds through the cooked rice.

6. DELISH DINNER Plate up a mound of rice, and top with the za'atar crusted trout fillet. Drizzle over the tahini sauce. Squeeze over some lemon juice and side with the fresh carrot salad. Sprinkle over the remaining mint, chopped nuts and any remaining lemon wedges on the side. Beautiful, Chef!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, fluffy texture!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 798kj |
| Energy | 191Kcal |
| Protein | 10.6g |
| Carbs | 19g |
| of which sugars | 3.3g |
| Fibre | 2.5g |
| Fat | 8.5g |
| of which saturated | 2.7g |
| Sodium | 135mg |

Allergens

Dairy, Allium, Sesame, Sulphites, Fish, Tree Nuts

Cook
within 2
Days