



# UCOOK

## Crispy Trout & Rice Patties

with radish, wasabi-kewpie mayo & fresh coriander

Sticky sushi rice and trout are shaped into little patties & fried until golden. Topped with wasabi mayo, this dish is a taste explosion! Sided with a fresh salad and sprinkled with coriander for a fragrant finish. It may require a little effort but it's so worth it once you dig in!

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**Hands-on Time:** 45 minutes

**Overall Time:** 65 minutes


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**Serves:** 3 People


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Leopard's Leap | Culinaria Chenin Blanc

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## Ingredients & Prep

300ml	Sushi Rice
3	Rainbow Trout Fillets
125ml	Kewpie Mayo
15ml	Wasabi Powder
150g	Edamame Beans
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
60g	Radish <i>rinsed &amp; sliced into rounds</i>
15ml	Rice Wine Vinegar
60ml	Sweet Soy Sauce
85ml	Cake Flour
12g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel

**1. RICE & SHINE!** Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 750ml of salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. Remove from the heat.

**2. IT'S A-TROUT TIME...** Pat the trout dry with paper towel. Place a pan over medium-high 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. Remove from the pan. Carefully remove the skin and any bones before flaking the trout into small chunks. Set aside.

**3. PREP STEP** Boil the kettle. In a bowl, combine the mayo and the wasabi powder (to taste). Add water in 5ml increments until slightly loosened. Set aside. Place the edamame beans in salted boiling water for 3-4 minutes until plump. Drain and place in a salad bowl. Just before serving, add the rinsed salad leaves, the radish rounds, a drizzle of oil, and seasoning to the bowl. Toss until combined.

**4. PAT A PATTY** When the rice is done, add the vinegar, the sweet soy, and the flaked trout to the rice. Mix until fully combined. Divide the mixture into 9 1cm thick patties. Set aside in the freezer to chill for at least 10 minutes.

**5. YUM CRUMB** While the patties are in the freezer, whisk 2 eggs and a splash of water in a shallow dish. Prepare a second shallow dish containing the flour (seasoned lightly). When the patties have chilled, coat each patty in the egg, and then the flour.

**6. ON THE FRY** Return the pan, wiped down if necessary, to medium-high heat with enough oil to cover the base. When hot, add the rice patties and fry for 3-4 minutes, shifting as they colour. You may need to do this step in batches. Remove and drain on paper towel.

**7. TIME TO PLATE!** Plate up the trout rice patties. Side with the edamame salad and the wasabi mayo for dunking. Sprinkle over the picked coriander. Amazing, Chef!



## Chef's Tip

If the rice is too hot to shape into patties, simply set it aside in the fridge for at least 10 minutes until cooled.

## Nutritional Information

Per 100g

Energy	1056kj
Energy	252kcal
Protein	9.7g
Carbs	27g
of which sugars	4.6g
Fibre	1.1g
Fat	4g
of which saturated	0.8g
Sodium	165mg

## Allergens

Egg, Gluten, Wheat, Sulphites, Fish, Soy

Cook  
within 2  
Days