

UCOOK

Fusion Rainbow Trout

with miso mayo & egg noodles

This dish is alive with umami, boasting layers upon layers of amazing flavour! Rainbow trout tops a stir fry of egg noodles, wilted spinach, and peanuts. Seasoned with soy sauce and vinegar, loaded with a sauté of piquanté peppers and corn, and splattered with a creamy miso mayo, this dish has everything you could hope for from a dinner!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

Adventurous Foodie

Creation Wines | Creation Rosé

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Ingredients & Prep

3 cakes	Egg Noodles
30g	Peanuts <i>roughly chop</i>
75ml	Soy Vinegar <i>(45ml Low Sodium Soy Sauce & 30ml Rice Wine Vinegar)</i>
180ml	Miso Mayo <i>(45ml Miso Paste & 135ml Hellman's Mayo)</i>
150g	Corn
60g	Piquanté Peppers <i>drain</i>
60g	Spinach <i>rinse</i>
3	Rainbow Trout Fillets
8g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. OODS OF NOODS Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

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

3. PREP STEP In a bowl, combine the soy vinegar and 30ml of olive oil until emulsified. Set aside. Place the miso mayo in a small bowl and loosen with water in 5ml increments until drizzling consistency. Set aside.

4. TANGY & UMAMI Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Add the drained peppers and fry until starting to brown, 4-5 minutes (shifting occasionally). Add ½ the chopped peanuts, the emulsified soy vinegar, the cooked noodles, a sweetener (to taste), and seasoning. Cook until the sauce has slightly reduced, 2-3 minutes (tossing occasionally). In the final minute, add the rinsed spinach and cook until wilted.

5. COOK THE TROUT Place another pan over 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. Remove from the pan and season.

6. NOODLE MANIA! Make a bed of saucy noodle stir fry. Top with the trout and drizzles of the loosened miso mayo. Garnish with the picked coriander and the remaining peanuts. Wowzers!



Chef's Tip

To emulsify means to combine two ingredients that do not usually mix together. In cooking, it is usually a fat or oil and a water-based liquid. In this case, it's the soy sauce and olive oil!

Nutritional Information

Per 100g

Energy	1024kJ
Energy	245kcal
Protein	11.3g
Carbs	18g
of which sugars	2.1g
Fibre	1.2g
Fat	13.6g
of which saturated	2.3g
Sodium	399mg

Allergens

Egg, Gluten, Peanuts, Wheat, Sulphites,
Fish, Soy

Eat
Within
2 Days