

UCOOK

Mexican Ceviche Plate

with guacamole & toasted sesame seeds

Dive into our zingy trout ceviche, pickled veg and creamy guac with crispy homemade nachos. Sprinkled with toasted sesame seeds, fresh coriander and chilli. Sided with a corn and spring onion salsa - you're on your way to flavour town!

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Thea Richter

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope Serruria
Chardonnay

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Ingredients & Prep

80ml	Rice Wine Vinegar
200g	Cucumber <i>finely diced</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
120ml	Orange Juice
60ml	Lime Juice
4	Fresh Chillies <i>deseeded & finely chopped</i>
4	Rainbow Trout Fillets
20ml	Black Sesame Seeds
8	Cocktail Rotis <i>cut into quarters</i>
200g	Corn <i>drained</i>
4	Spring Onions <i>finely sliced</i>
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
160g	Guacamole

From Your Kitchen

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

1. IN A PICKLE In a bowl, add the rice wine vinegar, 40ml of a sweetener of choice and 40ml of water. Mix until the sweetener has fully dissolved. Add the diced cucumber and radish rounds, and toss until fully coated. Set aside to pickle.

2. SWEET AND SPICY In a bowl, mix the orange juice, the lime juice, ½ the chopped chilli and some seasoning. Pat the trout dry with some paper towel and gently remove and discard the skin. Cut the flesh into bite-sized cubes. Add to the bowl with the citrus dressing and toss until coated. Cover and set aside to cure for at least 15 minutes.

3. TOASTY SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion.

4. CRISPY ROTIS Return the pan to a medium-high heat with enough oil to cover the base. Once hot, shallow fry the roti quarters for 10-20 seconds per side. Drain on paper towel. Drain and reserve the pickling liquid from the radish and cucumber. Toss the pickled veg through the cured trout.

5. CORN SALSA In a bowl, toss the drained corn, the sliced spring onions, ½ the chopped coriander, the remaining chillies and the drained pickling liquid.

6. SOPHISTICATED FEAST! Smear the guacamole and top with the ceviche and pickled veg, and drizzle over some dressing. Serve with the corn salsa. Sprinkle over the remaining coriander and the toasted sesame seeds, and get dipping with the crispy roti triangles. As simple as that!



Chef's Tip

If you'd like to cook the trout, do so once it has finished curing. Remove from the marinade and flash fry for 1-2 minutes until lightly seared, shifting occasionally. Return to the bowl with the marinade.

Nutritional Information

Per 100g

Energy	497kJ
Energy	119Kcal
Protein	8g
Carbs	11g
of which sugars	2.5g
Fibre	1.6g
Fat	5g
of which saturated	1g
Sodium	94mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook
within 2
Days