



# UCCOOK

## Bertha's Vietnamese-style Trout

with edamame, ginger & fresh coriander

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Bertha Winery

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 698kJ    | 2552kJ      |
| Energy             | 167kcal  | 610kcal     |
| Protein            | 8.9g     | 32.5g       |
| Carbs              | 17g      | 62g         |
| of which sugars    | 0.7g     | 2.6g        |
| Fibre              | 0.7g     | 2.7g        |
| Fat                | 7g       | 25.6g       |
| of which saturated | 3.6g     | 13.2g       |
| Sodium             | 197mg    | 719mg       |

**Allergens:** Soya, Allium, Sesame, Sulphites, Fish

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                    |
|----------|------------|----------------------------------------------------|
| 2 stalks | 2 stalks   | Lemongrass                                         |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>            |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>           |
| 300ml    | 400ml      | Coconut Milk                                       |
| 8g       | 10g        | Fresh Coriander<br><i>rinse &amp; roughly chop</i> |
| 120g     | 160g       | Edamame Beans                                      |
| 60ml     | 80ml       | Low Sodium Soy Sauce                               |
| 15ml     | 20ml       | Sesame Oil                                         |
| 150g     | 200g       | Mung Bean Noodles                                  |
| 3        | 4          | Rainbow Trout Fillets                              |
| 7,5ml    | 10ml       | Dried Chilli Flakes                                |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. SOME PREP** Trim off the very top and the base of the lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice.

**2. AMAZING AROMATICS** Place a pan over medium heat with a drizzle of oil. When hot, fry the lemongrass until fragrant, 2-3 minutes. Add the ginger and garlic and fry for a further 1-2 minutes. Deglaze the pan with a splash of water and the coconut milk. Reduce the heat and add ½ the coriander, the edamame beans, the soy sauce, sesame oil (to taste) and some seasoning. Remove from the heat and close with a lid.

**3. OODLES OF NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water. Add the noodles to the lemongrass sauce, tossing them through the sauce so all the noodles are coated. Season and return the lid to keep the food warm.

**4. FLIPP'N GOOD FISH** Place a pan over medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. 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.

**5. YOU'VE OUTDONE YOURSELF** Plate up the noodles, topped with the fish. Ganish with the remaining coriander and chilli flakes. Dinner is ready, Chef!