



UCOOK

Neil Ellis's Miso-glazed Trout

with roasted beetroot & a nutty slaw

If you want the ultimate reference point for umami, miso is it, Chef! This Japanese fermented soybean paste brings that savoury-sweet funkiness that makes a dish irresistible. Combined with butter to drizzle over crispy-skin trout, sided with roasted beetroot, and a pickled carrot, cabbage & toasted peanuts slaw, it will be impossible to stop eating.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Neil Ellis

Carb Conscious

Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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Ingredients & Prep

200g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
30ml	Rice Wine Vinegar
100g	Cabbage <i>rinse & thinly slice</i>
120g	Carrot <i>rinse, trim, peel & grate</i>
10g	Peanuts <i>roughly chop</i>
10ml	Miso Paste
1	Rainbow Trout Fillet

From Your Kitchen

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

1. CAN'T BEET THIS Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PICKLED VEG In a salad bowl, combine the vinegar and 5ml of sweetener (to taste). Toss through the sliced cabbage, the grated carrot, and seasoning. Set aside to pickle.

3. GOLDEN PEANUTS 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.

4. MISO BUTTER Boil the kettle. Return the pan to medium heat. When hot, melt 10g of butter. Remove from the heat. To a bowl, add the miso paste (to taste) and 15ml of boiling water. Mix until loosened and slowly whisk in the melted butter until combined. Set aside.

5. TASTY TROUT Place a clean 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. ALMOST THERE Before serving, drain the vinegar from the cabbage and toss with ½ the toasted nuts.

7. MISO HUNGRY! Serve up the roasted beetroot and side with the flaky trout. Drizzle over the miso butter and serve the nutty slaw on the side. Garnish with the remaining peanuts and dig in!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	300kJ
Energy	72kcal
Protein	5.9g
Carbs	5g
of which sugars	2.1g
Fibre	2g
Fat	2.3g
of which saturated	0.4g
Sodium	119mg

Allergens

Gluten, Peanuts, Wheat, Sulphites, Fish, Soy, Cow's Milk

Eat
Within
2 Days