

UCCOOK

Trout & Wasabi Mash

with pickled cucumber & radish

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	380kj	1757kj
Energy	91kcal	420kcal
Protein	7.2g	33.4g
Carbs	11g	52g
of which sugars	3g	14g
Fibre	1g	7g
Fat	2.2g	10g
of which saturated	0.5g	2.1g
Sodium	84.1mg	389mg

Allergens: Soya, Gluten, Allium, Sesame, Wheat, Sulphites, Fish

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
15ml	20ml	Wasabi Powder
150g	200g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Radish <i>rinse, trim & roughly dice</i>
90ml	120ml	Pickling Liquid <i>(60ml [80ml] White Wine Vinegar & 30ml [40ml] Honey)</i>
3	4	Rainbow Trout Fillets
15ml	20ml	Black Sesame Seeds
2	2	Spring Onions <i>rinse & finely slice</i>
30ml	40ml	Low Sodium Soy Sauce

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

- 1. MMMASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add the wasabi (to taste), mash with a fork, season, mix in ½ of the spring onion, and cover.
- 2. QUICK PICKLE** In a bowl, add the cucumber, the radish, and the pickling liquid. Toss to coat and season.
- 3. TASTY TROUT** Place a pan over medium-high heat, and lightly add cooking spray. 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.
- 4. TIME TO EAT** Dish up the mash, alongside the trout, the pickled veggies, and sprinkle over the sesame seeds. Garnish with the spring onions (to taste), and drizzle over the soy sauce. Dig in, Chef!