



UCCOOK

Trout Fish Cake Poke Bowl

with black rice, sesame-soy sauce, corn & cashew nuts

A mound of bouncy black rice speckled with flavourful charred corn, cabbage, and carrot, and covered in fresh and zesty edamame bean slaw. All topped off by the star of the show: moreish smoked trout fish cakes, pan fried in a sticky sesame-soy glaze.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Health Nut

 Lanzerac Estate | Pinotage Rosé

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Ingredients & Prep

75ml	Black Rice
10g	Cashew Nuts
30ml	Sesame-Soy Sauce <i>(15ml Low Sodium Soy Sauce & 15ml Sesame Oil)</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
1	Lime <i>one ½ zested & cut into wedges</i>
100g	Shredded Cabbage & Julienne Carrot
75g	Edamame Beans
75g	Corn <i>drained</i>
2	Smoked Trout Fish Cakes
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BUBBLE IT UP Rinse the rice and place in a pot with 300ml of salted water. Place over a medium heat and pop on a lid. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside.

2. NUTTY BUT NICE Place a nonstick pan over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. UMAMI GLAZE & TANGY SLAW Place the sesame-soy sauce in a bowl with 5ml of water. Whisk in 1 tsp of a sweetener of choice until dissolved. Add the sliced chilli and lime zest to taste. Mix to combine and set aside for step 5. Place the edamame beans and ½ of the cabbage and carrot in a bowl. Toss together with a squeeze of lime, a drizzle of oil, and some seasoning. Set aside for serving.

4. STIR FRY THE VEGGIES When the rice has 10 minutes remaining, return the pan to a high heat with a drizzle of oil. When hot, fry the drained corn for 2-3 minutes until charred, shifting occasionally. Add in the remaining cabbage and carrot and sauté for 1-2 minutes until slightly wilted but still crunchy. Transfer to a bowl, cover to keep warm, and set aside.

5. FANCY FISH CAKES Return the pan to a medium-high heat with another drizzle of oil. Pat the fish cakes dry with paper towel. When hot, fry on one side for 2 minutes until golden. Flip and baste with the sesame-soy glaze. Fry for another 2 minutes until warmed through, basting continuously. (They're precooked, so only need to be heated up!) Remove from the pan and set aside to rest for 2 minutes, reserving the pan juices for serving. Toss the stir-fried corn, cabbage, and carrot through the cooked rice.

6. PUT IT ALL TOGETHER Build your own poke-style bowl! Dish up the rice and the edamame slaw alongside one another. Top with the fish cakes and pour over the pan juices to taste. Garnish with the chopped coriander, the chopped cashews, a lime wedge, and any remaining chilli. Sublime!



Chef's Tip

Fish cake ingredients: trout, oak smoke, herbs, breadcrumbs, onion, lemon, garlic, Dijon mustard, salt, pepper.

Nutritional Information

Per 100g

Energy	963kj
Energy	230Kcal
Protein	6.8g
Carbs	27g
of which sugars	2.4g
Fibre	3.7g
Fat	10.3g
of which saturated	2.4g
Sodium	228mg

Allergens

Gluten, Sesame, Wheat, Fish, Tree Nuts, Soy

Cook
within 2
Days