



# UCOOK

## Sweet-soy Trout & Herbed Pilaf

with spring onion & peanuts

From India to Turkey and the Caribbean, rice pilaf has many versions. Our UCOOK creation features jasmine rice cooked in coconut cream & chicken stock until fluffy, then dotted with plump peas, spring onion & fresh basil. Topped with a flaky trout coated in a sweet-soy sauce. Add a kick of chilli and a crunch of toasted peanuts, and you'll be hooked on this exquisite meal.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Samantha du Toit

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## Ingredients & Prep

10g	Mixed Herbs <i>(5g Fresh Coriander &amp; 5g Fresh Basil)</i>
150ml	Jasmine Rice <i>rinse</i>
10ml	Chicken Stock
200ml	Coconut Cream
1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
100g	Peas
60ml	Soy Sauce Mix <i>(30ml Low Sodium Soy Sauce &amp; 30ml Sweet Indo Soy Sauce)</i>
1	Garlic Clove <i>peel &amp; grate</i>
20g	Fresh Ginger <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, deseed &amp; finely slice</i>
20g	Peanuts <i>roughly chop</i>
2	Rainbow Trout Fillets

## From Your Kitchen

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

**1. COCONUT & PEA RICE** Separate the mixed herbs. Rinse, pick, and roughly chop the basil and the coriander separately. Place the rinsed rice in a pot with the chicken stock, the coconut cream, and 100ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. In the final 2-3 minutes, stir through the sliced spring onion whites, the peas, and ½ the chopped basil. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. SWEET-SOY SAUCE** In a bowl, combine the soy sauce mix, the chopped coriander, the grated garlic & ginger, ½ the sliced chilli (to taste), a sweetener (to taste), and seasoning.

**3. TOASTED 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. NOW ABOUT THE TROUT** Return the pan to 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. Add the sauce, remove from the heat, and season.

**5. DIVE INTO A DIVINE DINNER** Plate up the rice pilaf. Side with the sweet-soy trout. Drizzle over any remaining pan juices. Garnish with the remaining basil, the sliced spring onion greens, the remaining chilli (to taste), and the toasted peanuts.

## Nutritional Information

Per 100g

Energy	787kJ
Energy	188kcal
Protein	9.2g
Carbs	20g
of which sugars	4.1g
Fibre	1.6g
Fat	7.5g
of which saturated	4.2g
Sodium	373mg

## Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy

Eat  
Within  
2 Days