



UCCOOK

Trout Tartare & Sushi Rice

with nori, edamame beans & sesame seeds

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	538kJ	3493kJ
Energy	129kcal	835kcal
Protein	4.3g	28g
Carbs	15g	99g
of which sugars	1.4g	9.4g
Fibre	1.9g	12.2g
Fat	1.9g	12.2g
of which saturated	0.4g	2.7g
Sodium	236mg	1534mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy, Shellfish

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Sushi Rice <i>rinse</i>
15ml	20ml	White Sesame Seeds
3 packs	4 packs	Smoked Trout Ribbons <i>finely chop</i>
2	2	Bell Peppers <i>rinse, deseed & finely dice</i> <i>1½ [2]</i>
2	2	Spring Onions <i>rinse, trim & finely slice,</i> <i>keeping the white & green</i> <i>parts separate</i>
45g	60g	Pickled Ginger <i>drain & finely chop</i>
180ml	240ml	Creamy Kewpie <i>(120ml [160ml] Kewpie Mayo</i> <i>& 60ml [80ml] Low Fat Plain</i> <i>Yoghurt)</i>
30ml	40ml	Tangy Fish Sauce <i>(22,5ml [30ml] Lime Juice &</i> <i>7,5ml [10ml] Fish Sauce)</i>
6	8	Nori Sheets
300g	400g	Cucumber <i>rinse & cut into thin</i> <i>matchsticks</i>
90g	120g	Edamame Beans
60ml	80ml	Soy Dressing <i>(30ml [40ml] Low Sodium</i> <i>Soy Sauce & 30ml [40ml]</i> <i>Rice Wine Vinegar)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. RICE Place the rice in a pot with 900ml [1.2L] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until cooked through, 15-20 minutes. Drain the water if necessary. Remove from the pot and spread on a plate. Fluff with a fork and cover.

2. TOAST Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SOME PREP When the rice has 5 minutes to go, in a bowl, combine the trout, the pepper, the spring onion whites, the ginger, the kewpie mayo, and the tangy fish sauce (to taste).

4. JUST BEFORE SERVING Lay the nori sheets, make a bed of the sushi rice, top with another layer of creamy trout mixture, roll up, and cut into thick rounds. In a salad bowl, combine the cucumber, the edamame beans, and the soy dressing.

5. TIME TO EAT Dish up the sushi-style rounds and serve alongside the green salad. Sprinkle over the sesame seeds and garnish with the spring onion greens. Well done, Chef!