

**OVERALL time: 25 mins**

# Ginger Soy Rainbow Trout

Thanks to our NEW **Ginger Liquid Seasoning**, these Ginger Soy Rainbow Trout Bowls are packed with real ginger flavour, without the peeling, chopping or waste! ☐ Because life's too short for bland.

Metric

**Number of servings : 4**

## ingredients

### For the trout

- 4 Tbsp soy sauce
- 4 Tbsp **Cape Herb and Spice Liquid Ginger**
- 4 Tbsp mirin
- 4 sliced spring onions
- 4 portions rainbow trout

### For the salad

- 2 ripe avocados, chopped
- 1 large English cucumber, seeds removed & chopped
- 1 whole shallot, finely diced
- 4 Tbsp fresh coriander, chopped
- 2 Tbsp fresh lime juice
- 2 Tbsp olive oil

### To serve

- Steamed white rice
- Lime wedges
- 1 Tbsp mixed sesame seeds, lightly toasted

### To taste

- **Cape Herb and Spice Salt & Pepper**

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 15 mins**

For the trout:

Preheat oven to 180°C.

In a small bowl combine the soy sauce, **Cape Herb & Spice Liquid Seasoning Ginger**, mirin, honey and spring onions.

Mix well.

Place the trout portions in a high sided snug baking tray or small baking dish.

Season with a little salt and pepper.

Spoon over the ginger and soy sauce mixture and transfer to the oven.

Bake the trout for 6-8 minutes, depending on the size of the portions.

For the salad:

While the trout is cooking, prepare the salad.

Place the avocado, cucumber, shallots and coriander in a mixing bowl.

Season well with salt and pepper.

Drizzle with lime juice and olive oil.

Gently toss to coat.

To serve:

Plate each trout portion on top of a bowl of warm rice.

*(at this point it's nice and easy to simply remove the skin before plating so you can enjoy everything together easily)*

Spoon some salad alongside the fish.

Scatter with toasted sesame seeds.

Drizzle with the delicious gingery pan juices and serve with lime wedges on the side.

<https://www.capeherb.co.za>

Metric

## ingredients

### For the trout

- 4 Tbsp soy sauce
- 4 Tbsp **Cape Herb and Spice Liquid Ginger**
- 4 Tbsp mirin
- 4 sliced spring onions
- 4 portions rainbow trout

### For the salad

- 2 ripe avocados, chopped
- 1 large English cucumber, seeds removed & chopped

- 1 whole shallot, finely diced
- 4 Tbsp fresh coriander, chopped
- 2 Tbsp fresh lime juice
- 2 Tbsp olive oil

#### To serve

- Steamed white rice
- Lime wedges
- 1 Tbsp mixed sesame seeds, lightly toasted

#### To taste

- **Cape Herb and Spice Salt & Pepper**

**Number of servings : 4**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 15 mins**

For the trout:

Preheat oven to 180°C.

In a small bowl combine the soy sauce, **Cape Herb & Spice Liquid Seasoning Ginger**, mirin, honey and spring onions.

Mix well.

Place the trout portions in a high sided snug baking tray or small baking dish.

Season with a little salt and pepper.

Spoon over the ginger and soy sauce mixture and transfer to the oven.

Bake the trout for 6-8 minutes, depending on the size of the portions.

For the salad:

While the trout is cooking, prepare the salad.

Place the avocado, cucumber, shallots and coriander in a mixing bowl.

Season well with salt and pepper.

Drizzle with lime juice and olive oil.

Gently toss to coat.

To serve:

Plate each trout portion on top of a bowl of warm rice.

*(at this point it's nice and easy to simply remove the skin before plating so you can enjoy everything together easily)*

Spoon some salad alongside the fish.

Scatter with toasted sesame seeds.

Drizzle with the delicious gingery pan juices and serve with lime wedges on the side.

