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.