

Rainbow Trout with Poke Bowl

Serves 4

INGREDIENTS

2 rainbow trouts
500g black rice
2 yellow carrots
1 handful radish
1 handful fresh peas
150g edamame
100g red cabbage
3 lemons
1 ring beetroot
1/2 mango
2 pak choi
1 cucumber
1 handful salicorne
1 bunch parsley
100ml olive oil
Salt and pepper

ALLERGENS HIGHLIGHTED IN BOLD>



PREPARATION

Season the trout inside and out with salt and pepper. Fill the belly with a few slices of lemon and parsley. Line the baking tray with lemon slices and place the two trout on top.

Put a handful of parsley with 100ml of olive oil, salt and pepper in a blender and puree it well. Using a brush, you can now brush the trout with the dressing.

Put the tray with the two trout in the oven on level 2 and bake at 160° C CircoTherm® and high steam.

Rainbow Trout with Poke Bowl

PREPARATION

Meanwhile, cook the black rice for about 35 mins in salted water until al dente. Prepare the vegetables for the Poke Bowl. Wash the vegetables well and pat dry. Finely slice the radishes, cucumber and beetroot.

Cut the yellow carrots into thin slices. Cut off the hard part of the pack choi and pluck the leaves apart. Grate the red cabbage into narrow strips with a grater. Last but not least, cut the mango into small pieces. There are no limits to creativity when choosing the shape; variety is key in a Poke Bowl.

Drain the rice and now arrange everything in the bowl.

Take the finished trout out of the oven serve it directly. Use the rest of the dressing as a sauce. It's fresh, it's healthy. Enjoy.