



Steamed ocean trout, quinoa, Kimchi

By Matt Stone

2 hours 35 minutes

Prep time

50 minutes

Cooking time

4 Servings

Serves

INGREDIENTS

600g ocean trout, skin off

15g salt

5g sugar

1 cup quinoa

1 cup water

1 shallot

1 small piece ginger

1 large green chilli

2 green onions

1 cup kimchi

1 cup mint leaves, roughly torn

1 cup coriander leaves, roughly torn

1 lemon

Olive oil

METHOD

- 1. Cut the trout into 4 equal sized pieces. Mix the salt and sugar together. Sprinkle over the fish, and then give it a good massage into the fish using your hands. Leave to cure for a minimum 2 hours, the trout can
- 2. Place the quinoa and water in a solid steam oven tray and steam at 100 °C for 30 minutes, remove and leave to cool.
- 3. Rinse the fish under cold water, drain well and place on solid steam oven tray lined with baking paper. Place in the steam oven and steam at 60 °C for 20 minutes.
- 4. Whilst the fish is cooking, peel and finely slice the shallot, ginger, chilli and green onion.
- 5. In a large mixing bowl, place the quinoa, kimchi, herbs, shallot, ginger and chilli.
- 6. Add a splash of the juice from the kimchi, to form the base of the dressing. Squeeze in some lemon juice and a dash of olive oil, season and mix well.
- 7. Remove fish from the steam oven. The fish will easily flake apart. Randomly place the fish and salad on a large plate. Serve warm or at room temperature.