



**READY TO COOK**  
BY HARRIS FARM

# SWEET AND SOUR BAKED OCEAN TROUT WITH HERBED PEANUT SALAD & COCONUT RICE



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

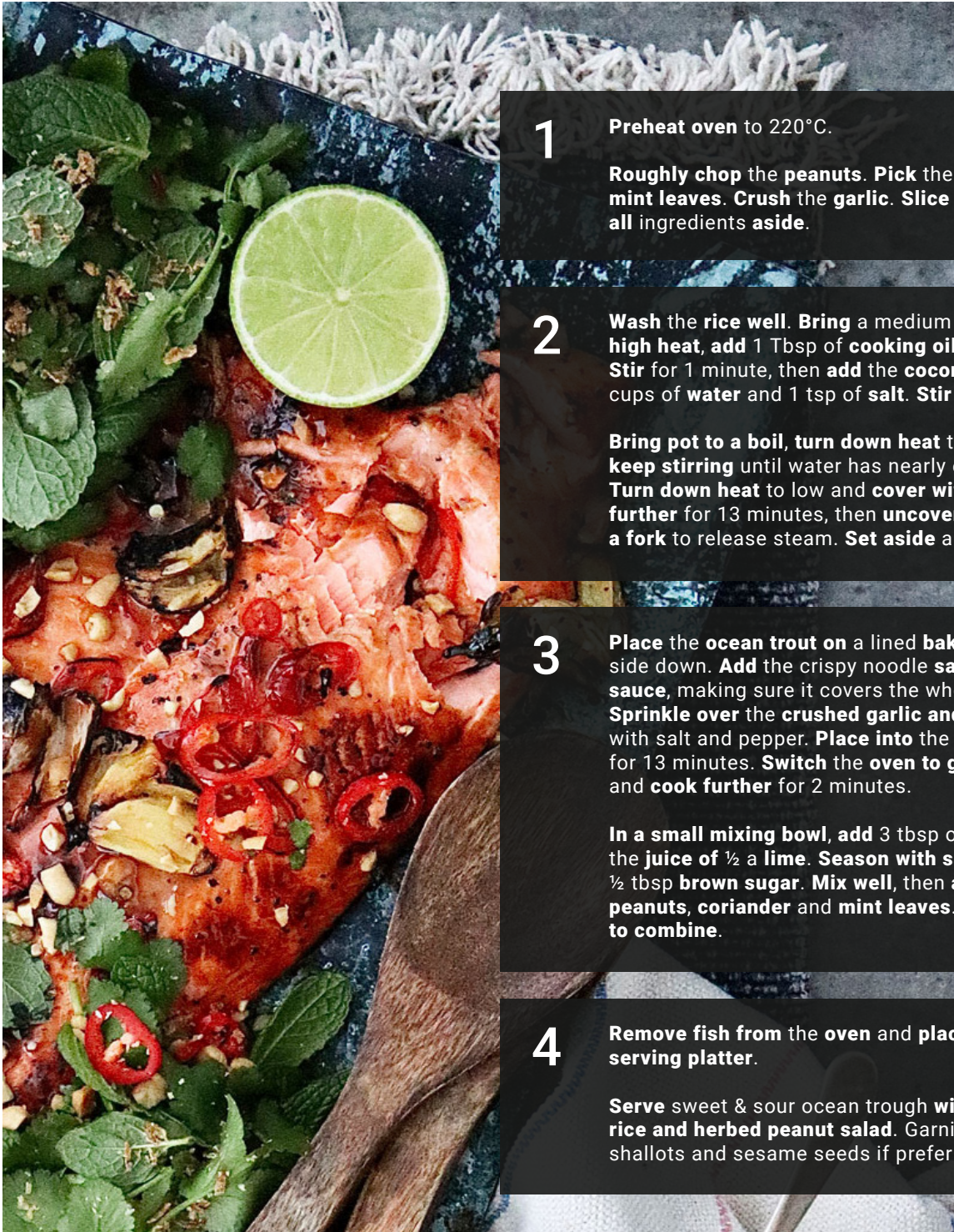
## INGREDIENTS:

- > 2 Cups Jasmine Rice
- > 270g Coconut Milk
- > 700-850g Ocean Trout Side
- > 4 Garlic Cloves
- > 150ml Crispy Noodle Salad Dressing
- > 1 Bunch Coriander
- > 1 Bunch Mint
- > ¼ Cup Roasted and Salted Peanuts
- > 2-3 Red Chillies
- > 1 Lime

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Cooking Oil
- > Salt and Pepper
- > Brown Sugar
- > Sesame Seeds (Optional)
- > Fried Shallots (Optional)

# METHOD – GET COOKING!



1

**Preheat oven** to 220°C.

**Roughly chop** the peanuts. **Pick** the coriander and mint leaves. **Crush** the garlic. **Slice** the chilli. **Set all ingredients aside.**

2

**Wash** the rice well. **Bring** a medium sized pot to high heat, add 1 Tbsp of cooking oil and the rice. **Stir** for 1 minute, then add the coconut milk, 1½ cups of water and 1 tsp of salt. **Stir through.**

**Bring pot to a boil**, turn down heat to medium and keep stirring until water has nearly evaporated. **Turn down heat to low** and cover with a lid. **Cook further** for 13 minutes, then uncover and brush with a fork to release steam. **Set aside** and keep warm.

3

**Place** the ocean trout on a lined baking tray, skin side down. **Add** the crispy noodle salad dressing sauce, making sure it covers the whole fish. **Sprinkle over** the crushed garlic and chilli. **Season** with salt and pepper. **Place into** the oven and cook for 13 minutes. **Switch** the oven to grill function and cook further for 2 minutes.

**In a small mixing bowl**, add 3 tbsp of olive oil and the juice of ½ a lime. **Season with salt, pepper** and ½ tbsp brown sugar. **Mix well**, then add the chopped peanuts, coriander and mint leaves. **Mix once again to combine.**

4

**Remove fish from** the oven and place onto a serving platter.

**Serve** sweet & sour ocean trough with coconut rice and herbed peanut salad. Garnish with fried shallots and sesame seeds if preferred.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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