



Servings 1

Prep Time 10 min

Cooking Time 10 min

Green Tea Over Rice with Rainbow Trout



Ingredients

3oz piece of skinless rainbow trout fillet

Kosher salt

4 oz or $\frac{1}{2}$ cup cooked sushi or sticky rice (can be cold leftover rice)

1 cup of strongly-brewed green tea (I used Sencha)

1 handful of spinach, mizuna, mitsuba, or other Asian greens

1 teaspoon Japanese soy sauce

$\frac{1}{2}$ scallion, thinly sliced

$\frac{1}{2}$ tsp dashi powder or $\frac{1}{2}$ cup dashi stock

Directions

Step 1

Salt the trout liberally.

Step 2

Cook the sushi rice according to package directions (or use leftover rice).

Step 3

Meanwhile, set the oven to broil, with the rack second closest to the top (alternatively, you can grill the trout).

Step 4

Put the salted trout on a lined sheet pan and transfer to the oven for 5 minutes, or until flesh flakes easily with a fork. Remove from the oven and flake the fish with a fork.

Step 5

Brew a cup of strong green tea (**if mixing with dashi broth, make a 1/2 tea, 1/2 dashi mix).

Step 6

Add the rice to a bowl along with the torn greens and soy sauce. Sprinkle the fish flakes on top as well as any other ingredients you're adding, then pour over the hot tea. Serve immediately. Enjoy!

