



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 ½ 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

½ scallion, thinly sliced

½ tsp dashi powder or ½ 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!

