



Servings 4

Prep Time 10 min

Cooking Time 30 min

Sticky Ginger-Scallion Trout



Ingredients

For the Sauce

3 tablespoons light soy sauce

2 tablespoons brown sugar

1 tablespoon hoisin sauce

1 teaspoon rice or white vinegar

½ teaspoon sesame oil

½ teaspoon chili flakes or sriracha (optional)

¾ cup water

For the Fish

1 thick fillet of rainbow trout, skin on

Kosher salt

1 tablespoon oil or lard

1 2" chunk of ginger, peeled and cut finely into matchsticks (or minced if that's too much work)

2 cloves garlic, minced

4 scallions, sliced

1 big handful of cilantro or Thai basil, chopped

1 red chili, sliced (optional)

4 cups cooked brown or white Jasmine rice to serve

Directions

Step 1

Cook the rice per package instructions, enough to make 4 cups of cooked rice.

Step 2

Mix the soy sauce, brown sugar, hoisin, vinegar, sesame oil, and chili flakes (if using) in a bowl with the ¾ cup water. Set aside.

Step 3

Lightly salt the trout fillet. Add the oil to a skillet that will fit the trout (you could also cut the fillets into smaller pieces to fit the pan), over medium-high heat. Add the trout, skin side down, and cook until the skin is very crispy, about 5-6 minutes. Flip the fillet and cook the other side for 30 seconds-1 minute. Transfer to a plate.

Step 4

Reduce heat to medium and add the ginger and garlic to the same pan. Cook for 3 minutes, stirring. Add ¾ of the sliced scallions and cook for 1 more minute. Add the bowl of sauce and cook, stirring, until it reduces by half and becomes sticky, about 3-5 minutes.

Step 5

Place the rice on a serving plate or individual plates. Top with the trout (or trout pieces), then pour the sticky sauce all over the trout and rice. Sprinkle over the remainder of the scallions as well as the fresh herbs and sliced chilies. Enjoy!

