



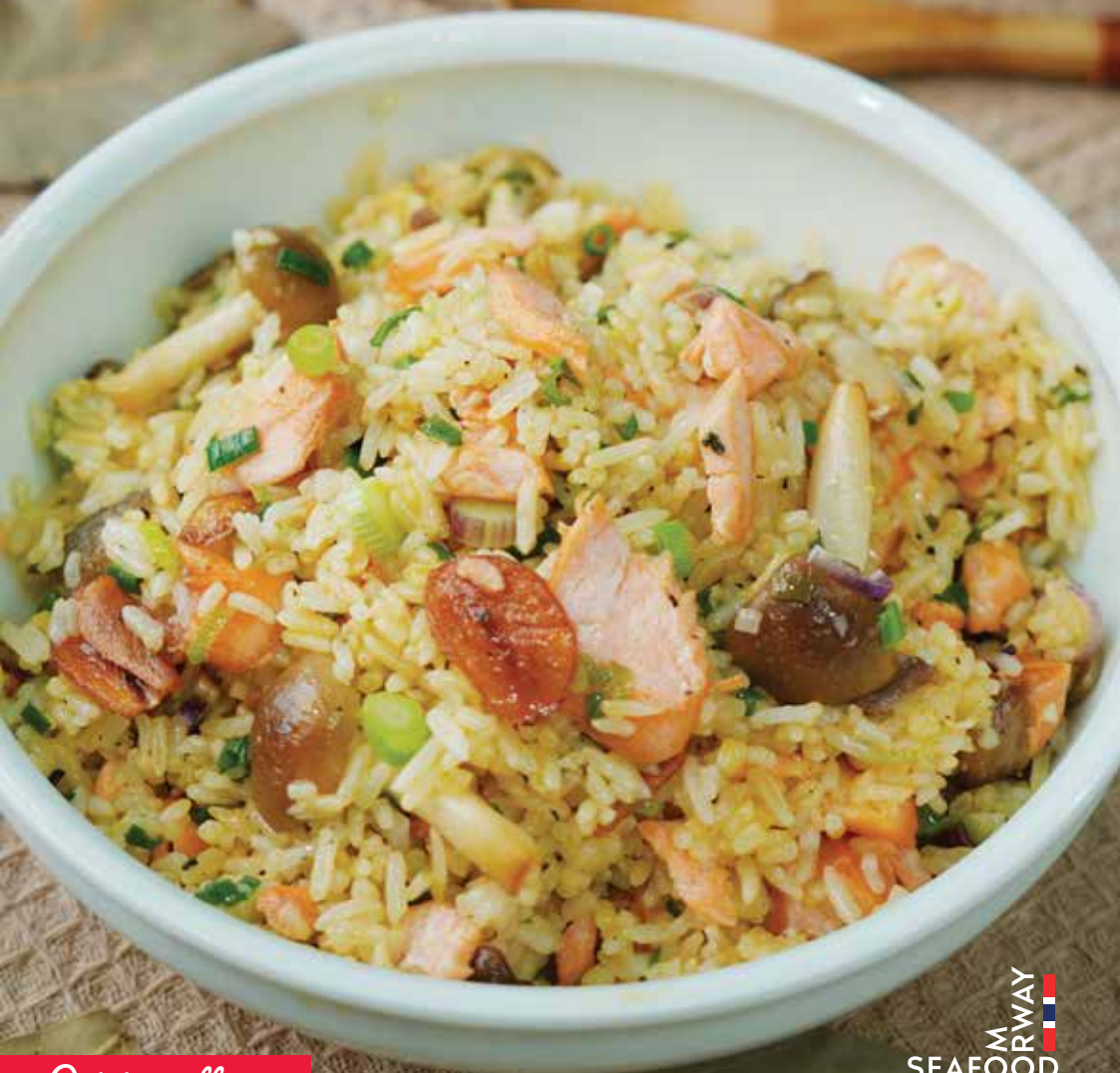
fresh produce



seafood



gourmet



Origin matters

SEA FROM
NORWAY
NORD

Fjord Trout Garlic Fried Rice

Serves: 2

Ingredients

- 300g cooked rice
- 80g trout meat
- 2 egg yolks
- 20g spring onions, chopped
- 30g garlic, thinly sliced
- 50g shimeji mushrooms
- Oil, for cooking

Seasoning

- Salt, to taste
- White pepper, to taste

Description

1. Season the trout meat with salt and pepper, then grill until fully cooked. Use a fork to flake the trout into small pieces and set aside.
2. In a wok, heat some oil and fry the sliced garlic until golden brown. Remove the garlic and set aside.
3. In the same wok, remove any excess oil, add a little more oil if needed and cook the shimeji mushrooms until tender. Set aside.
4. Mix the cooked rice with the egg yolks until evenly coated.
5. Add the egg-coated rice to the wok and stir-fry until the rice is heated through and well-cooked.
6. Add the flaked trout, fried garlic, cooked shimeji mushrooms and chopped spring onions to the rice. Season with salt and white pepper to taste.
7. Stir-fry everything until well combined, then serve hot.

Recipe by Chef Jia Le Woh