KIKKOMAN

Tempura trout with pineapple and lychees

Total time **25 mins** **20 mins** preparation time **5 mins** cooking time **15 mins** marinating time

INGREDIENTS

10 portion(s)

For the fish:

1.5 kg	skinless rainbow trout fillet, cut into finger-shaped strips
150 g	Kikkoman Sauce for Poke Bowl
180 g	tempura
5 g	salt
200 ml	cold water
200 g	Kikkoman Panko – Japanese style crispy bread crumbs
	Oil for frying

For the side dishes:

200 g	boiled quinoa
1 kg	cooked basmati rice
500 g	tinned pineapple, roughly chopped
500 g	tinned lychees, cut into quarters
200 g	cucumber, deseeded and cut into half-moons
100 g	mung bean sprouts
250 ml	Kikkoman Sauce for Poke Bowl
10 g	chopped fresh coriander
10	lemon wedges
20 g	sesame seeds

PREPARATION

Step 1

Place the trout strips in a bowl and marinate in Kikkoman Sauce for Poke Bowl for 5 minutes. Then thread the marinated strips in a zigzag pattern onto the skewers.

Step 2

Mix the tempura, salt and cold water into a smooth batter. Dip the fish skewers in this tempura mixture, then coat in Kikkoman Panko and fry in hot oil at 175 °C for 5 minutes until golden brown.

Step 3

Mix the quinoa with the rice and divide between bowls. Arrange the pineapple, lychees, cucumber and sprouts on top. Top with the fish skewers and flavour with Kikkoman Sauce for Poke Bowl. Serve garnished with the coriander, lemon wedges and sesame seeds.