



MEET OUR AMBASSADOR

Adventurer, explorer and fisherman, Jan Hrdlicka always packs Dometic coolers as he seeks out the best wild fishing spots in Europe.

Many of us anglers forget that it's hard for other people to get fish as fresh as we can. So why always cook it? Fresh caught fish has supreme sashimi quality and many sushi chefs would be glad if they could ever get their hands on fish like that. Together with my friends, I had the chance to catch wild trout in Germany and we wanted to prepare them instantly on the spot. So we decided to go for a Poké-Bowl, the perfect one-dish outdoor meal! Easy to prepare and ready to eat in just 15 minutes.

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WILD TROUT POKÉ BOWL

INGREDIENTS

FOR 4 SERVINGS

400 g	wild trout fillets
250 g	basmati-wild-rice mix
100 g	sprout mix
100 g	wakame
20 g	fresh ginger
25 ml	soy sauce
25 ml	sesame oil
2 Tablespoons	roasted sesame seeds
1 handful	fresh cilantro leaves
1 handful	fresh beans (edamame/scarlet runner)
1	mango
1	avocado
1	cucumber
1	small red chili pepper
4	figs
2	scallions
	juice of ½ lime
	black pepper
	salt

INSTRUCTIONS



15 minutes / simple

1. Gather all the ingredients then start to slice the skinned trout fillets into bite sized pieces. Put the soy sauce together with sesame oil, lime juice, chopped chili and cilantro leaves and some slices of ginger and mix them to a smooth marinade. Add the trout fillet pieces and gently mix all together with the roasted sesame seeds and a pinch of black pepper. Let it sit for at least 10 minutes.
2. Cook the rice and the beans in salted water.
3. Thinly slice the scallions, cucumber and avocado, dice the mango and quarter the figs.

SERVE

The cooked rice becomes the foundation for the poke bowl so put it first on the bottom of the bowl. Then take the rest of the ingredients and arrange them one after another around the middle where you put the marinated trout. If you like you can sprinkle some of the marinade and some roasted sesame over your bowl.

Done. Enjoy your meal!

