



READY TO COOK
BY HARRIS FARM

AGAVE & LIME STICKY BAKED OCEAN TROUT WITH CORN AND AVOCADO SALSA



PREP
20 min



COOK
25 min



SERVES
4

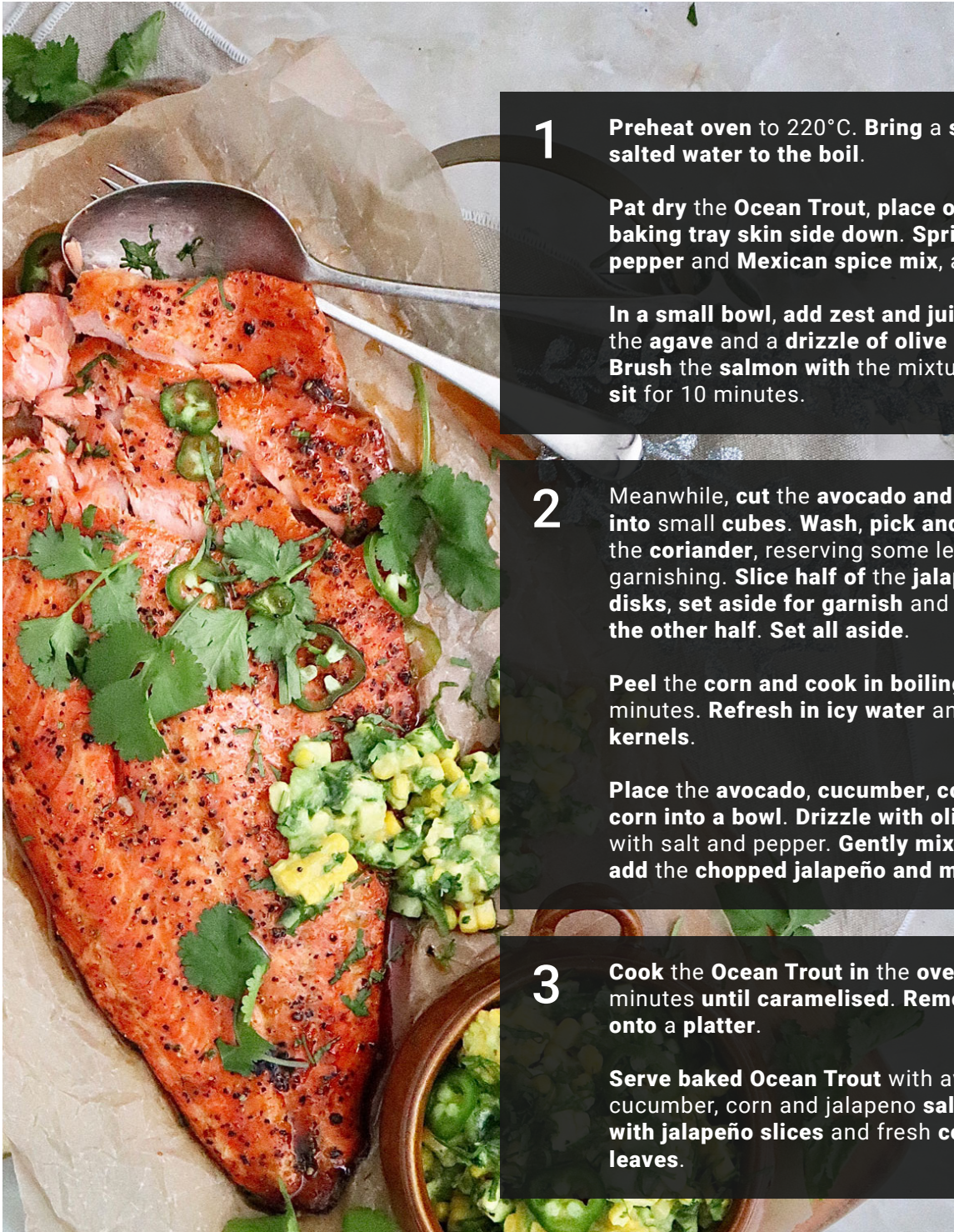
INGREDIENTS:

- > 1 Ocean Trout side
- > ½ Punnet Baby Cucumbers
- > ½ Tbsp Mexican Spice Mix
- > ½ Bunch Coriander
- > 1 Lime
- > 1 Corn Cob
- > 4 Tbsp Agave
- > 1 Jalapeño
- > 1 Large Avocado

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 220°C. Bring a small pot with salted water to the boil.

Pat dry the Ocean Trout, place on a lined baking tray skin side down. Sprinkle with salt, pepper and Mexican spice mix, and set aside.

In a small bowl, add zest and juice of a lime, the agave and a drizzle of olive oil. Mix well. Brush the salmon with the mixture and let it sit for 10 minutes.

2

Meanwhile, cut the avocado and cucumber into small cubes. Wash, pick and chop the coriander, reserving some leaves for garnishing. Slice half of the jalapeño into thin disks, set aside for garnish and finely chop the other half. Set all aside.

Peel the corn and cook in boiling water for 10 minutes. Refresh in icy water and slice off the kernels.

Place the avocado, cucumber, coriander and corn into a bowl. Drizzle with olive oil, season with salt and pepper. Gently mix through, then add the chopped jalapeño and mix well again.

3

Cook the Ocean Trout in the oven for 13 minutes until caramelised. Remove and place onto a platter.

Serve baked Ocean Trout with avocado, cucumber, corn and jalapeno salsa. Garnish with jalapeño slices and fresh coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Remove the seeds from the jalapeno for milder flavour.
- Turn the oven to grill function and cook fish close to the grill for 1 minute until golden brown and sticky.
- Use the caramelised residue from the tray to drizzle on the fish.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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