



**READY TO COOK**  
BY HARRIS FARM

# CRISPY OCEAN TROUT WITH CORN, AVOCADO AND TOMATO SALAD



PREP  
**10 min**



COOK  
**15 min**



SERVES  
**4**

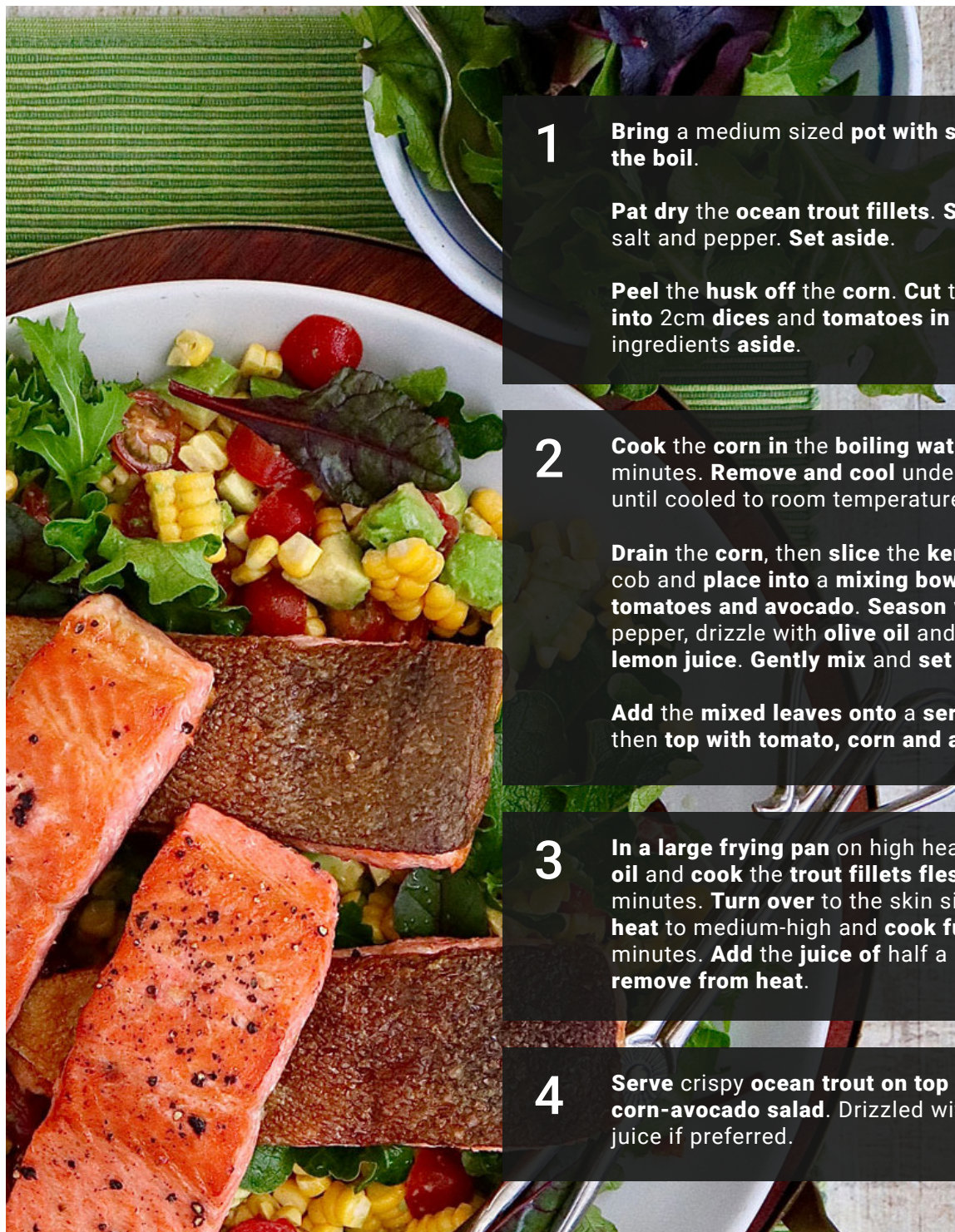
## INGREDIENTS:

- > 4 Ocean Trout Fillets
- > 1 Avocado
- > 200g Tomatoes
- > 120g Mixed Salad Leaves
- > 2 Corn Ears
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > Vinegar

# METHOD – GET COOKING!



**1** Bring a medium sized pot with salted water to the boil.

Pat dry the ocean trout fillets. Season with salt and pepper. Set aside.

Peel the husk off the corn. Cut the avocado into 2cm dices and tomatoes in half. Set ingredients aside.

**2** Cook the corn in the boiling water for 5 minutes. Remove and cool under icy water, until cooled to room temperature.

Drain the corn, then slice the kernels off the cob and place into a mixing bowl. Add the tomatoes and avocado. Season with salt and pepper, drizzle with olive oil and a splash of lemon juice. Gently mix and set aside.

Add the mixed leaves onto a serving platter, then top with tomato, corn and avocado.

**3** In a large frying pan on high heat, drizzle olive oil and cook the trout fillets flesh down for 2 minutes. Turn over to the skin side, turn down heat to medium-high and cook further for 3 minutes. Add the juice of half a lemon, then remove from heat.

**4** Serve crispy ocean trout on top of the corn-avocado salad. Drizzled with extra lemon juice if preferred.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

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



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)