

SEA TROUT WITH A SPRING SALAD

Serves: 1 | Cooks in: 1 hour and 25 minutes

This Sea Trout Salad is a delicious healthy, and versatile meal. Substitute salad contents to suit your preferences.



Recipe adapted from thebbqmag.com

INGREDIENTS

- One portion of sea trout
- 2 radishes
- Olive oil
- Sherry vinegar
- 1 spring onion
- 3 asparagus
- Handful of sorrel (or rocket)
- A few sprigs of fresh dill
- Sea salt
- 1 tablespoon of crème fraiche
- Lemon juice
- One red chilli (optional)

METHOD

1. Season your trout with salt and a squeeze of lemon an hour before cooking.
2. An hour in set your grill to medium hot.
3. Finely slice the radish, dress with olive oil and sherry vinegar, season with sea salt.
4. Rub the asparagus with a little olive oil and grill direct to add some colour. Add the spring onion and scorch until blackened.
5. Chop the asparagus and spring onions into nice pieces and place in a bowl. Add the pickled radish to the bowl with sliced sorrel and chopped dill. Season to taste.
6. Take some crème fraiche and season; add a squeeze of lemon juice and some chopped sorrel.
7. Put the sea trout under the grill for 6 minutes until golden brown and just cooked on the inside.
8. Plate up the trout with the spring salad and dress with the crème fraiche.
9. If you like your spice, add a chopped red chilli on top.