

# HONEY GLAZED TROUT BITES

Easy Asian style rice bowls – created by Sian @recipebreakout

Serves 2

## **Ingredients:**

2 x 130g fresh ChalkStream fillet portions

2 cups of rice

2 good sized carrot

6 Spring onions

Sprinkle of sesame seeds

1 lime cut into quarters

Sprig of coriander

Salad bits of your choice

## Honey Glaze:

1 tbs of runny honey

1 tbs of soy sauce

1 tsp of ginger paste

1 tsp of garlic paste

Drizzle of olive oil

## **Method**

Start by making the glaze with a tbs of runny honey, a tbs soy sauce, a tsp each of ginger and garlic paste and a drizzle of olive oil. Mix well with a small whisk

Then cut each fillet of trout into five/six bite sized pieces and carefully turn over in the glaze. Transfer to an oven proof dish and pop in a moderate to high oven for seven or eight mins until the trout is cooked and the glaze is sticky. Retain any leftover glaze to serve on the side

In the meantime, get your rice on... enough for two, following the instructions on the pack. And whilst that's cooking, prep a few salad bits... some raw, thinly sliced carrot and a spring onion, finely sliced. Drain the rice, divide between two bowls, add in the trout, sprinkle with mixed sesame seeds and add in the salad bits!

Finish with a few slices of lime and some coriander or parsley

