

POACHED TROUT, WILD GARLIC AND ROASTED CHERRY TOMATOES

Quick and easy delicious poached trout recipe created by Sian @recipebreakout

Use a ready made fresh pesto to make it even simpler.

Serves 2

Ingredients:

20 small cherry tomatoes

1 shallot

Pinch of oregano

Lemon

Olive oil

100g Wild garlic leaves

50g Pine nuts

1 tsp Garlic paste

50g Grated parmesan

Method

Start with 20 or so small cherry tomatoes on a baking sheet with a shallot, roughly sliced, a sprinkling of dried oregano, sea salt and pepper, a squeeze of lemon and a drizzle of oil. Roast in a hot oven (200ish) for 20/25 mins until the tomatoes have broken down nicely and are slightly charred here and there

In the meantime, make the wild garlic pesto (if making from scratch). I made mine with a handful of wild garlic leaves (100g or so), 50g each of pine nuts and grated Parmesan, a tsp of garlic paste, a good pinch of sea salt and about 130/140 ml of extra virgin olive oil. Blitz in a blender until you have a thinnish pesto consistency! Add more oil if you need to

Finally, get a saucepan of water to a simmer, adding in a good squeeze of lemon juice and a pinch of salt. Pop in two fillets of trout, cover and cook for five minutes or a little longer for

well done. Transfer to serving plates, along with the tomatoes, their cooking juices and spoon over the pesto! Serve with rice, pasta or some nice roast potatoes!

