

TROUT NICOISE

with tomatoes and green beans

Serves 4

Ingredients

4 x ChalkStream trout fresh fillets (130g each)
800g new potatoes, cut the bigger ones in half
300g green beans
4 x eggs
300g tomatoes, no matter what size, cut them into chunks
200g salad leaves, I used English lettuce leaves and rocket

For the dressing

1/2 tsp dijon mustard
1/2 tsp runny honey
salt and pepper to taste
1 tbs white wine vinegar
1 tsp fresh lemon juice
4 tbs good olive oil
2 tbs fresh parsley, cut up finely

Method

Heat the oven to 200 degrees. Season the fillets and drizzle some oil and lemon juice over them on a baking sheet. Place the trout fillets under the grill for 8 minutes until cooked. Take care not to over cook. Put the potatoes in a pan of salted water and bring to the boil until cooked.

Wash the beans and pop them in boiling salted water until just cooked (you want a nice crunch to them). Drain and refresh immediately under cold water. Leave to dry off.

Hard boil the eggs, peel and cut in half. Set aside with the beans and potatoes which should be cool to touch before you assemble the salad.

Wash and dry the salad leaves and place in a large salad bowl.

Mix the mustard, honey, salt and pepper in a small bowl until blended, add the vinegar next and stir until mixed and then the oil. Stir well again and now add the lemon juice and chopped parsley.

Start assembling the salad, placing the potatoes, tomatoes and eggs on top of the salad leaves first. Break up the trout, which should now be cool enough to handle, leaving the skin out and carefully place on top of the rest of the ingredients.

Give your dressing a really good mix (you can transfer to a jam jar and shake it hard so it emulsifies) and pour all over your Nicoise salad.

