



SEA TROUT WITH PICKLED CUCUMBER AND ASPARAGUS

INGREDIENTS

Ingredients for the fish

- Two 150g Sea Trout fillets
- 1/4 tsp Fines Herbes

Ingredients for the pickling liquor

- 40ml white wine vinegar
- 30g sugar
- 30ml white wine (or water)

Ingredients for the salad

- 1/2 cucumber, in strips
- 4 asparagus stalks, peeled and in strips
- 1/2 lemon
- cucumber chunks to garnish

INSTRUCTIONS

1. Make the pickling liquor by mixing together the white wine vinegar, sugar and white wine (or water). Bring to simmering on the hob, then remove and allow to cool for 15 minutes

2. Prepare the cucumber strips and asparagus strips by using a mandolin or vegetable peeler

3. Once the pickling liquor has cooled, add the cucumber strips and leave to rest for an hour

4. Season the skin side of the sea trout with salt and pepper, and the flesh side with the Fines Herbes

5. Heat a lightly oiled frying pan over a medium high heat and add the sea trout fillets skin side down. Press down on the fillets with a spatula to ensure good contact with the pan

6. After 3 1/2 minutes turn the fillets over and cook the flesh side for 30 seconds

7. Drain the cucumber, add the asparagus and squeeze in the juice of 1/2 a lemon. Arrange on your plate

8. Lay the sea trout on top of the salad, add a sprinkling of Fines Herbes and garnish with charred cucumber chunks and a wedge of lemon



Feeds
2



Prep time
1 h



Cook time
6 m

