

Taste the Hills

Recipes and Tips

Pan fried fillets of trout with asparagus, hazelnut and orange salad

Serves 6 as a starter

2 trout fillets

2 handfuls of fine asparagus spears, 2 handfuls of mange tout, 2 handfuls of samphire or fine beans, a small bunch of tarragon

70g unskinned hazelnuts

1 orange

Small handful of chives

3 tbsp olive oil

2 tbsp nut oil

1 tsp French mustard

Salt and pepper

Method

Toast the hazelnuts and rub off the skins.

Boil the baby new potatoes with mint if using. Drain and cool.

Blanch the vegetables. Nb the mange tout only takes a minute. Refresh and drain.

Chop the nuts and zest the orange. Mix the dressing in a large bowl with the orange juice and mix in with the veg and tarragon. Taste and season.

Quickly fry the trout skin side down for 3 minutes in a little butter and olive oil. Flip over for another minute. Season and serve with the salad.

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