

Herb-Crusted Rainbow Trout with Basil & Tomato Salad



Chef: Angelo Georgalli / Photographer: Sally Greer

A little slice of Italy, this is a fresh favourite! If you can, use fresh herbs as that really brings out the delicate flavour of the fish and gives it that rustic Italian feel. Bellissima!

SERVES:

2

INGREDIENTS:

Fish

- ½ Tbsp salted capers
- ½ tsp oregano, chopped
- ½ tsp parsley, chopped
- ½ tsp rosemary, chopped
- 2 pinches of lemon pepper
- 1 Tbsp panko bread crumbs
- 1 trout fillet, skin on
- 3 Tbsp olive oil

Dressing

- 1 Tbsp white wine vinegar
- Juice of ½ lemon
- 2 Tbsp extra virgin olive oil
- 1 tsp balsamic glaze
- 2 basil leaves, finely chopped

Salad

- Handful of asparagus spears
- 200g heirloom (or cherry) tomatoes, quartered
- ¼ red onion, sliced
- 10 basil leaves
- Salt & pepper

INSTRUCTIONS:

1. Preheat the oven on fan grill to 180°C.
2. In a bowl mix together the salted capers, fresh herbs, lemon pepper and panko crumbs.
3. Cut your fillet in half from head to tail, creating 2 narrower pieces. With the trout placed skin-side down, sprinkle the herbed crumb over the flesh and pat firmly with your fingers.
4. In a large hot oven-proof frying pan, add 2 Tbsp of olive oil and place the fish skin-side down. Drizzle an extra tablespoon of oil over the crumbed fillets. Pan-fry the fish for about 5 minutes until the skin is crispy (DO NOT turn the fillets over). Place the fillets in the oven to finish cooking under the grill for 10-12 minutes.
5. In a small bowl, add white wine vinegar, lemon juice, extra virgin olive oil, balsamic glaze and chopped basil. Mix thoroughly.
6. Take a handful of asparagus spears, chop into bite size pieces and drop into boiling water for 1 minute. Drain then cool.
7. In a bowl add the asparagus, tomatoes, red onion, basil leaves, salt and pepper. Toss through the dressing, coating the vegetables.
8. Serve with the crumbed trout.

TIP: If you don't have panko bread crumbs you can grate some slightly stale bread from the pantry instead.