

Trout Tacos



A Great Recipe For The Summer BBQ, Simple Prep And Easy To Put Together.

A fresh dish that will be enjoyed by all. Although the recipe provided covers the traditional flavours associated with the use of taco bread wraps, you can add your own version of what you put in them.

The amount of ingredients below are a guide only. A nice way to serve these is self help style; that is line up the prepared fillings or toppings and let everyone put together their own.

Chef: Tony Smith, Riversmiths NZ

Photographer: Tony Smith

SERVES:

From a small trout you will make around 10-12 tacos

INGREDIENTS:

- The pin boned fillets from a small trout (approx 500g)
- A packet of smaller tortilla wraps
- 1 fresh lime
- 2 radishes (sliced and cut into thin strips)
- 2 tomatoes (seeds removed and diced)
- ½ a small red onion (finely diced)
- 1 avocado
- 2 cups sliced lettuce
- 2 jalapeño pepper (optional) (finely dice)
- A little olive oil
- 60mls mayonnaise (good quality shop bought is fine)
- A handful of fresh coriander (chopped)
- Salt and black pepper to season

INSTRUCTIONS:

1. Assemble all of the ingredients into small containers so that the tacos can be quickly assembled.
2. Cut the trout into cigar sized pieces.
3. Heat your barbecue. Season and cook the fillets on the flat plate of the barbecue. They will only take a minute or two to cook, keep warm.
4. Then with a pair of tongs place the tortillas onto the open barbecue bars, turn them over, take care not to overcook as you don't want them to be crusty.
5. Make up the tortilla and serve on a large rustic dish, or invite all to make their own.
6. Probably the best order of ingredients is:
7. A little lettuce, slices of avocado, optional jalapeños, the trout, tomatoes, mayonnaise, radish and coriander
8. But remember anything goes here, mint, cucumber, gherkins, rocket, it's about freshness, taste and texture. Enjoy.