

TROUT FILLETS WITH FESTIVE LENTILS & AIOLI



MINUTES TO PREPARE

5



MINUTES TO COOK

25



SERVES

2

INGREDIENTS

4 fresh trout fillets, skin on
100g Puy lentils, rinsed in a sieve under cold water
300ml water
1/2 teaspoon vegetable bouillon
200g Brussels sprouts, ends removed, peeled and sliced
130g pancetta, sliced
100g chestnuts, sliced
1 teaspoon chopped thyme
2 teaspoons rapeseed oil
2 tablespoons Greek yoghurt
1 teaspoon mayonnaise
Juice of 1/2 a lemon
1 garlic, peeled and crushed
Drizzle rapeseed oil
Salt and pepper

LET'S GET COOKING

- 1 Place the lentils and water in a medium saucepan and bring to the boil. Turn down to a gentle simmer and cook for 20 minutes or until the lentils are al dente (soft with some bite to them).
- 2 Heat 1 teaspoon of rapeseed oil in a large frying pan over a medium heat. Add the pancetta, sliced sprouts and thyme and sauté for 4 minutes or until the pancetta starts to take on some colour.
- 3 Add the chestnuts and stir for a further minute. Season well pour into a bowl and leave to one side. Wash the frying pan ready for the trout fillets.
- 4 Place the crushed garlic, mayonnaise, Greek yoghurt and lemon juice in a small bowl and mix well. Add a drizzle of rapeseed oil and season.
- 5 Season the trout fillets with salt and pepper. Heat the other teaspoon of rapeseed oil in the frying pan. Once the oil is hot, place the fillets in the pan skin side down. If you have space you can do these all together. If the pan is not big enough then cook the fillets in batches.
- 6 Cook the fillets for 3 minutes with the skin side down. Using a spatula, carefully flip the trout fillets and cook for a further minute with the skin side up.
- 7 Meanwhile, drain the lentils and return them to the saucepan. Add the pancetta, sprouts and chestnuts and stir. Check for seasoning and adjust to your liking.
- 8 Serve the fillets on top of the lentil and sprouts with generous dollops of garlicky aioli.

"The aioli is more for the lentils here rather than the trout. Dollop in mountains rather than hills and leave plenty spare for top ups midway through. I like to mix mine through, but I keep it separate so people can choose to eat it as they wish."