

PARCELS OF TROUT WITH ROASTED SPRING VEGETABLES



MINUTES TO PREPARE
15



MINUTES TO COOK
25



SERVES
2

INGREDIENTS

For the trout:

2 whole rainbow trout, gutted and descaled

1/2 lemon, thinly sliced

1 tablespoon fresh light herbs, chopped (oregano, chives or flat leaf parsley)

Rapeseed oil

Maldon Sea Salt

Black pepper

For the vegetables:

1 bunch of asparagus, ends removed and chopped into 3

1 courgette, sliced into chunks lengthways

12 cherry tomatoes

6 anchovy fillets

1 tablespoon rapeseed oil

1 teaspoon chopped oregano (fresh or dried)

Black pepper

LET'S GET COOKING

You will need 2 squares of aluminium foil large enough to fit a whole trout in and wrap it.

- 1 Preheat the oven to 180/350/gas 4.
- 2 To prepare the fish quickly run the trout under cold water, rinsing out the cavity and skin. Pat dry with a paper towel. Place on a board and stuff the cavity with the lemon slices and chopped herbs. Drizzle with oil and season well with salt and pepper. Lay the trout on the foil and wrap up, sealing the foil at the top by scrunching over the ends. This will ensure that the juices remain which will help to steam the fish. Cook in the oven for 20 minutes or until the flesh comes easily away from the bone.
- 3 Prepare the vegetables, by placing them in a large roasting tray with the anchovies laid out on top. Drizzle with oil and scatter over the chopped oregano and a good grind of black pepper. Roast in the oven for 20-25 minutes.
- 4 Enjoy with a salad or buttery new potatoes and mayonnaise.

"This is my idea of heaven: fish, lots of herbs and lemon, and beautiful roasted vegetables. I pretty much prepare all whole fish like this, whether it be sea bass, bream or even mackerel. With the fish in parcels, you can either cook them in the oven or on the barbecue. Just make sure that there aren't any holes in the foil and cook for 5 minutes less on the bbq as of course, it will be hotter..."

Perfect for a summer's night."