

Smoked Trout Niçoise

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This recipe is a tasty twist on the classic tuna niçoise salad. It's a lovely, hearty salad that is full of flavour and perfect for a main course or as a side salad. Although this recipe makes use of new season baby asparagus and rocket, feel free to use whatever you have in the fridge. Baby spinach leaves would work well in place of the rocket.

Ingredients:

500g baby new potatoes
200g cooked smoked trout fillet
2 large eggs
200g cherry tomatoes
50g stoned black olives
100g rocket leaves
100g baby asparagus
3 tbsp. extra virgin olive oil
1 tbsp. lemon juice
1 tsp. mustard
1 tbsp. fresh chopped parsley
Salt and pepper

Directions:

1. Put the potatoes into a pan of cold water and bring them up to the boil. Cook for around twenty minutes or until fork tender.
2. Meanwhile, snap the woody ends off of the asparagus stalks. Place the asparagus into a pan of boiling water. Once cooked, refresh under cold water and set to one side.
3. Make the dressing by whisking together the olive oil, lemon juice, mustard and parsley. Season well with salt and pepper.
4. Toss the potatoes and asparagus with the dressing and set to one side.
5. Put the eggs in a pan of cold water and simmer for seven minutes.
6. Once cooked, put into a bowl of cold water and peel. Cut into quarters.
7. Cut the cherry tomatoes in half.
8. Toss the tomatoes, eggs, olives and spinach in with the potatoes and asparagus. Flake the trout fillet into the salad.

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