

Hot-Smoked Trout & Pickled Cucumber

National Pickle Day



Cook time: 15 mins
@hampshiretrout

Recipe from:
www.mindfulchef.com

Ingredients

- 130g asparagus
- 1 handful of fresh chives
- 1 cucumber (use half)
- 1 tsp dijon mustard (Mustard)
- 2 spring onion
- 150g baby white potatoes
- 30g radishes
- 1 tbsp red wine vinegar (Sulphites)
- 1 hot-smoked trout fillet (skin on) (Fish)
- 80g almond yoghurt (use half) (Nuts)



Method

1. Preheat the oven to 200C / fan 180C / gas mark 6. Boil a kettle. Quarter the potatoes, place in a saucepan and cover with lightly salted boiling water. Boil for 12-13 mins, until softened, then drain and steam dry.
2. Place the trout into an ovenproof dish. Bake for 8-10 mins, until the trout is hot.
3. Thinly slice the half cucumber, then place in a bowl with the vinegar, 2 tbsp cold water and a pinch of salt. Mix and leave to pickle.
4. Make the chive yoghurt; finely chop the chives. Thinly slice the spring onions. Place both in a bowl (keep a pinch of chives back for later) and add the mustard, half pack of yoghurt and 2 tsp pickling vinegar. Season with sea salt and black pepper, then toss with the cooked potatoes.
5. Cut the asparagus into thirds. Heat a medium frying pan with 1/2 tsp oil on a high heat. Add the asparagus and cook for 5 mins, until charring; season with sea salt. Trim the radishes and thinly slice into half-moons.
6. Serve the trout, potatoes, asparagus and pickled cucumber with the radishes scattered over the top. Drizzle over the remaining pickling vinegar; garnish with the remaining chives.