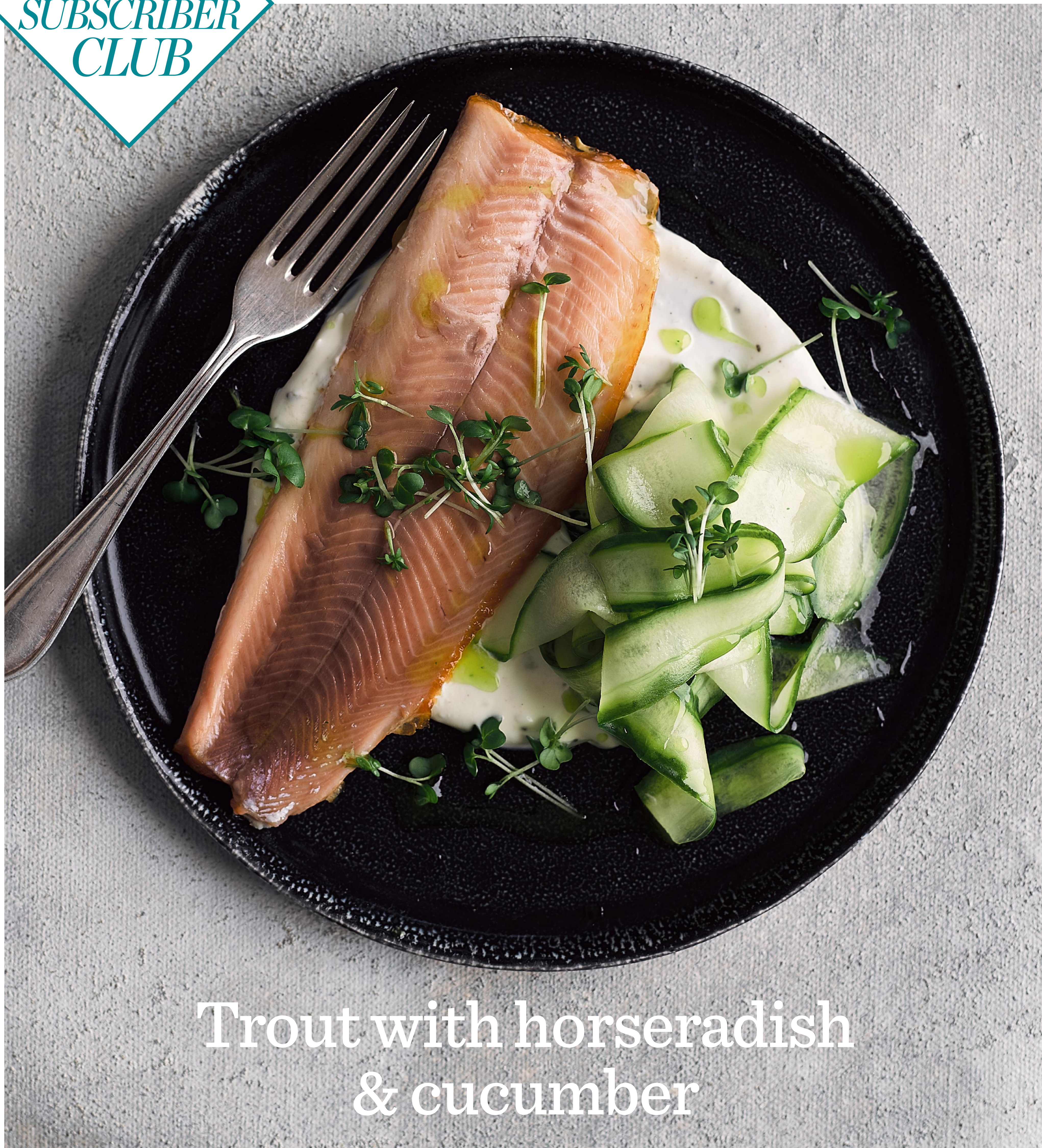




Exclusive recipe



Trout with horseradish & cucumber

SERVES 2 **PREP** 25 mins plus chilling, cooling and pickling **COOK** 30 seconds **EASY**

- small bunch of parsley
- 50ml olive oil
- 100g crème fraîche
- 1-2 tsp hot grated horseradish
- 2 hot smoked trout fillets
- salad cress or micro herbs, to serve

1 Put a small bowl in the freezer to get really cold. Bring a pan of lightly salted water to the boil. Fill a bowl with ice water and set aside. Add the parsley to the boiling water and simmer for 30 seconds, then remove with a slotted spoon and plunge into the ice water. Leave for 5 mins. Drain, put in a clean tea towel and squeeze out the excess water. Transfer half to a food processor with half the oil and blitz to a paste. Add the remaining parsley and blitz until smooth. Strain the parsley oil into the chilled bowl and chill until ready to use.

2 To make the pickled cucumber, peel the cucumber into strips using a vegetable peeler, avoiding and discarding the seeded

For the pickled cucumber

- 1 small cucumber
- 1 tbsp rice wine or distilled white vinegar
- 1 tbsp caster sugar
- 1 tsp sea salt

core. Put in a bowl. Stir the vinegar, 2 tbsp water, the sugar and salt together in a separate bowl until the sugar has dissolved. Pour over the cucumber strips, cover and leave to pickle in the fridge for 15 mins.

3 Mix the crème fraîche and horseradish together and season with a little salt. Spread some of the horseradish cream over two plates, then top with the trout and pickled cucumber. Drizzle over the parsley oil and garnish with some salad cress or micro herbs to serve.

GOOD TO KNOW vit c • omega-3 • 1 of 5-a-day

• gluten free

PER SERVING 677 kcals • fat 54g • saturates 19g • carbs 14g • sugars 13g • fibre 2g • protein 32g • salt 3.5g



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