

goodFOOD

SUBSCRIBER CLUB



EXCLUSIVE RECIPE

Wild trout niçoise

SERVES 4 PREP 10 mins COOK 18 mins EASY

*This salad is lovely as an al fresco lunch on a warm day. Trout is a great sustainable swap for salmon, not only do I prefer the flavour but it feels like a real treat. **Samuel Goldsmith***

400g new potatoes (should be around 15), halved
100g green beans, trimmed and halved
6 eggs
250g wild trout fillets
2 Little Gem lettuces, quartered
100g rocket
75g pitted black olives, halved

300g ripe tomatoes, any size, roughly chopped

For the dressing

1 anchovy fillet (optional)
1 tbsp Dijon mustard
2 tbsp white wine vinegar
4 tbsp extra virgin olive oil
small handful of parsley, finely chopped

1 Make the dressing by mashing the anchovy fillet, if using, and combining with the remaining dressing ingredients, a good pinch of salt and freshly ground black pepper until well mixed. Set aside.

2 Put the potatoes in a pan of salted water and bring to the boil. Simmer for 10-12 mins until tender, then remove the potatoes using a slotted spoon and leave to cool. Tip the green beans into the water and simmer for 3-5 mins until the beans are tender. Remove with a slotted spoon and plunge into ice cold water.

3 Carefully lower the eggs into the water and simmer for 6 mins before removing with a slotted spoon and plunging into the ice cold water.

4 Put the trout fillets in the water and poach for around 5 mins until just cooked through, then remove from the water and set aside. Peel the eggs and cut them in half, then set aside. Drain the beans and set them aside too.

5 Tip the lettuce, rocket, beans, olives, potatoes and tomatoes into a large bowl. Pour over most of the dressing, then gently toss. Tip onto a platter, then flake over the trout and place the egg halves on top, and drizzle over the remaining dressing.

GOOD TO KNOW healthy • folate • fibre • vit c •

2 of 5-a-day • gluten free

PER SERVING 466 kcals • fat 28g • saturates 5g •
carbs 20g • sugars 6g • fibre 6g • protein 31g • salt 1.49g