

goodFOOD

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EXCLUSIVE RECIPE

Asparagus, peas, trout & aioli

SERVES 2 **PREP 20 mins** **COOK 30 mins** **EASY**

Serve this light fish dinner with a homemade aioli. It makes the most of asparagus' short season, and swaps popular salmon for more sustainable trout. Esther Clark

250g new potatoes, halved
100g fresh peas, podded
1½ lemons, zested and juiced
35ml extra virgin olive oil, plus
2 tbsp for frying
½ small bunch of parsley,
finely chopped
½ small bunch of mint, finely chopped
3 banana shallots, thinly sliced
125g asparagus, trimmed and halved
2 skin-on trout fillets

1 For the aioli, put the egg yolk in a small food processor with the garlic and mustard. With the motor running, slowly trickle in both oils until you have a thick mayonnaise. Add the lemon juice, ½ tsp salt and ½ tbsp water, and blitz again. Check for seasoning. If it's too thick, add a splash more water.
Will keep chilled for up to five days.

2 Cook the potatoes in a pan of boiling salted water for 10 mins, or until a cutlery knife can easily be inserted. Add the peas. Cook for 2 mins more. Drain. Cool slightly.

3 Combine the lemon juice and zest, the oil and herbs, then season with salt and black pepper. Set aside. Heat 1 tbsp oil in a non-stick pan over a medium heat and fry the shallots with a pinch of salt for 8-10 mins until softened. Stir these into the dressing.

For the aioli

1 egg yolk (freeze the white to use in another recipe)
1 garlic clove, finely grated
1 tsp Dijon mustard
75ml extra virgin olive oil
75ml sunflower oil
1 tbsp lemon juice or white wine vinegar

4 Turn up the heat and cook the asparagus in the pan for 8-10 mins until lightly charred and tender. Transfer to the bowl with the dressing along with the cooled potatoes and peas.

5 Heat the remaining 1 tbsp oil in a non-stick pan over a medium-high heat and fry the trout, skin-side down, for 2-3 mins. Flip and cook for 1-2 mins more, depending on how thick the fillets are. Serve with the potatoes and aioli.

GOOD TO KNOW folate • fibre • vit c • iron • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 782 kJ • fat 58g • saturates 9g • carbs 25g • sugars 6g • fibre 8g • protein 36g • salt 0.88g