

## RECIPE - Grilled Seatrout & Potato Salad

Every Saturday, come rain or shine, I take myself down to my local market where my fishmonger has a stall offering the best fish to be had in the region. Straight from the Grimsby market, there is a bounty of treasures from the sea such as halibut, cod, haddock and bass. For this dish I have chosen Sea Trout, perfect at this time of year and in plentiful supply. Bake it, roast it, fry it, marinate it or, for this recipe, grill it. This recipe is perfect for a starter or you can double the amount for a light spring main course.

Serves 2

Preparation time 10 minutes

Cooking time 20 minutes

### Ingredients

2 fillets of Sea Trout, skinned and boned

200g Jersey royal potatoes

40g watercress

Small bunch dill chopped

1 Spring onion chopped

Juice from 1/4 lemon

Olive oil

Teaspoon balsamic vinegar



### Method

1. Boil the potatoes in water for approx 20 minutes until soft, drain, cool slightly then cut in half.
2. Drizzle the trout with olive oil and grill for 2 minutes each side or until cooked.
3. In a bowl carefully mix all the ingredients.
4. Serve with a thick slice of granary bread.

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