

# Flaked Trout with Melon & Herb Salsa



**Serves 6**

**Prep 20 mins**

**No cook**

**Easy**

## **Ingredients**

2 limes

1 large Charentais or cantaloupe melon

2 x125g packs smoked trout fillets

3 salad onions, trimmed

10g flat leaved parsley

1½ tsp five peppers

10g fresh basil or mint

4 tsp caster sugar

6 servings is for starter. If using as a main meal, halve quantity of smoked trout fillets for 3 as a main.

1. For the salsa, place the peppercorns in a small bowl and add the salad onions. Juice both the limes and add to the bowl with the zest. Add the parsley, basil or mint and sugar and mix together lightly. Halve the melon and discard the seeds. Cut each half in half again, then cut the flesh away from the skins using a small sharp knife. Cut into large chunks and divide between 6 serving plates.
2. Flake the flesh of the trout fillets into bite-sized pieces using your hands. Scatter the fish over the melon pieces and serve with the herby salsa spooned over. Serve immediately with rye bread or grainy rolls, garnished with the reserved basil or mint leaves.
3. The salsa can be made 2-3 hours in advance, covered and chilled until needed. Add the basil or mint leaves just before serving to keep the fresh green colour. Lightly crush the peppercorns using a pestle and mortar, or place in a small bowl and use the rounded end of a rolling pin.
4. Serving suggestion: if using as a main meal a potato salad goes particularly well.